



# **Culturally Responsive Cognitive-Behavioral Therapy: Assessment, Practice, and Supervision**

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# Culturally Responsive Cognitive-Behavioral Therapy: Assessment, Practice, and Supervision

## **Culturally Responsive Cognitive-Behavioral Therapy: Assessment, Practice, and Supervision**

Culturally Responsive Cognitive - Behavioral Therapy: Assessment, Practice, and Supervision is the first book to integrate cultural influences into cognitive - behavioral therapy (CBT). This engagingly written volume describes the application of CBT with people of diverse cultures and discusses how therapists can refine cognitive - behavioral therapy to increase its effectiveness with clients of many cultures. The contributing authors examine the characteristics of some of the most common cultural groups in the United States including American Indian, Latino, Asian, and African American, as well as groups less commonly considered in multicultural psychology books: people of Alaska Native, Arab, and Orthodox Jewish heritage. The volume also describes the use of CBT with older adults, people with disabilities, and gay and lesbian individuals, including examples of people who hold bicultural and multicultural identities. A chapter on culturally responsive assessment, with an emphasis on the most frequently used cognitive - behavioral scales, and a chapter on supervision round out this volume. Numerous case examples provide practical information grounded in an empirically supported theory, making this book a practical resource for every therapist.

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