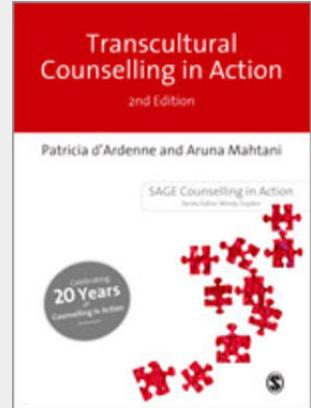


Transcultural Counselling in Action

'This us a useful introductory book, which is particularly suitable for those in training. It is well structured and easy to read and includes excerpts from therapeutic exchanges to illustrate the points made' - The Journal of Critical Psychology, Counselling and Psychotherapy 'A useful resource for counsellors wishing to improve their efforts at transcultural counselling' - New Therapist The Second Edition of this clear and practical guide is designed to help counsellors and professional helpers give effective, sensitive and appropriate support to clients from cultures other than their own. Patricia d'Ardenne and Aruna Mahtani illustrate the process of transcultural counselling using the contrasting case studies of four different clients, and highlight the impact of cultural issues at individual, community and global levels. Counsellors are encouraged to recognize the importance of life experiences for their work, and to think about ways of using their own skills and resources more flexibly in response to different cultural needs.



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