

FOURTH EDITION

COUNSELING AND PSYCHOTHERAPY

A MULTICULTURAL PERSPECTIVE



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COUNSELING AND PSYCHOTHERAPY A Multicultural Perspective

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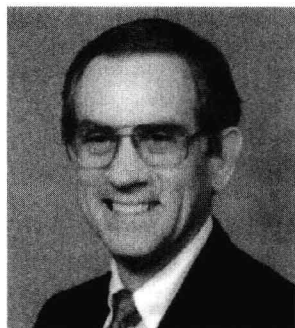
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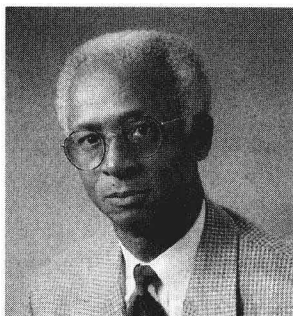


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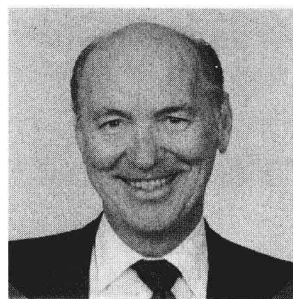


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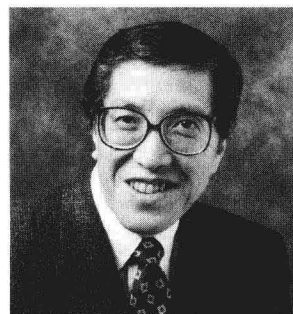
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Taking Theory into Practice: Specific Strategies for Mastery and Action in the Interview

Counseling and Psychotherapy: A Multicultural Perspective, Fourth Edition, is designed so that the reader can apply theory directly in practice. Key counseling and therapeutic strategies are presented throughout this book in practice exercises. These strategies have been useful to readers of past editions of this book, who often refer to these strategies when working with clients with whom they feel the need for a new or different approach. The following list of practice exercises provides a summary of the counseling strategies you can use now and in following years for your professional development.

Chapter 1 The Culturally Intentional Counselor or Therapist: Introduction and Overview

1.1 The Community Genogram: Identifying Strengths

Chapter 2 The Empathic Attitude: Individual, Family, and Culture

2.1 Acceptance as the Foundation of Empathy

2.2 The Positive Asset Search: Building Empathy on Strengths

2.3 Identifying Yourself as a Multicultural Being

2.4 Developing a Family Genogram or Chart

Chapter 3 Conducting an Intentional Interview: Theory, Skills, Decisions, and Solutions

3.1 Using the Basic Listening Sequence to Draw Out Clients' Stories

3.2 Focus Analysis: Reframing Clients' Stories

3.3 An Exercise in Decisional Counseling

3.4 Solution-Oriented Counseling and Therapy

Chapter 4 Developmental Counseling and Therapy: Individual and Family Therapy

4.1 Assessing Predominant Cognitive-Developmental Orientations

4.2 The DCT Questioning Sequence (abbreviated)

4.3 The Family of Origin and Coconstruction of Meaning, Thoughts, Behaviors, and Relationships

4.4 The SCDT Questioning Sequence (abbreviated)

4.5 Identifying Your Own Personal Style, Present Competencies, and Goals

Chapter 5 Multicultural Counseling and Therapy I: Metatheory—Taking Theory into Practice

5.1 Generating Culturally Relevant Theories of Helping

5.2 Naikan Therapy and Self-in-Relation

5.3 An Exercise in Developmental Mapping and Storytelling

5.4 Basic Consciousness Raising

5.5 Using the Circle of Life for Decision Making

5.6 Your Personal Journey as a Therapist or Counselor in Terms of Cultural Identity Theory

Chapter 6 Multicultural Counseling and Therapy II: Integrative Practice

- 6.1 Applying Feminist Theory in Practice
- 6.2 The Counselor or Therapist as a Multicultural Being
- 6.3 Basic Meditation
- 6.4 Examining Family Rules in Individual Counseling
- 6.5 Psychotherapy as Liberation

Chapter 7 Psychodynamic Counseling and Therapy I: Conception and Theory

- 7.1 Generating a Psychodynamic Developmentally Oriented Treatment Plan

Chapter 8 Psychodynamic Counseling and Therapy II: Applications for Practice

- 8.1 Focused Free Association
- 8.2 Free Association Exercises and Techniques
- 8.3 Focused Free Association and Guided Imagery with Gender, Spiritual, and Cultural Symbols
- 8.4 An Exercise in Psychodynamic Interviewing

Chapter 9 Cognitive-Behavioral Therapy and Counseling I: Behavioral Foundations

- 9.1 Applied Behavioral Analysis
- 9.2 Two Relaxation Exercises
- 9.3 Constructing an Anxiety Hierarchy and Systematic Desensitization
- 9.4 An Exercise in Social Skills Training
- 9.5 An Exercise in Applied Behavioral Analysis and Assertiveness Training
- 9.6 Relapse Prevention Worksheet
- 9.7 Developing Your Own Stress Management Program

Chapter 10 Cognitive-Behavioral Therapy and Counseling II: Cognitive and Integrative Approaches

- 10.1 Rational-Emotive Behavior Therapy Self-Help Form
- 10.2 Automatic Thoughts within Gender and Multicultural Contexts
- 10.3 Facing Reality: Adding Context to Cognitive Therapies
- 10.4 Exploring the BASIC-ID

Chapter 11 The Existential-Humanistic Tradition I: Existential-Humanistic Theory and Person-Centered Theory and Practice

- 11.1 An Exercise in Nondirective Counseling
- 11.2 Reviewing the Meaning of One's Being-in-the-World

Chapter 12 The Existential-Humanistic Tradition II: Logotherapy and Experiential Gestalt Therapy

- 12.1 An Exercise in Logotherapy and Meaning Issues
- 12.2 Using the Empty Chair Technique to Resolve Unfinished Business

Chapter 13 Toward Integrated Counseling and Psychotherapy

- 13.1 What Is Your Counseling and Therapy Worldview?
- 13.2 Ten Questions to Ask Yourself about Your Own Construction of the Counseling and Psychotherapy Process

Preface

Taking theory into practice is the major aim of this results-oriented book. Our curriculum in counseling and therapy is full of techniques and approaches, but the basic issue remains: How can we make a difference with our students and how can they become effective with their clients? Each chapter of this fourth edition of *Counseling and Psychotherapy: A Multicultural Perspective* contains practice exercises that will make theoretical ideas real and immediately understandable. This book is based on the idea that we can learn theory best by actually testing it in the interview.

Counseling and Psychotherapy: A Multicultural Perspective, Fourth Edition, has been designed for use in undergraduate and graduate courses in psychology, counselor education, human and mental health services, and social work. We have found that students enjoy the opportunity to master the three traditional areas of counseling and therapy (psychodynamic, cognitive-behavioral, and existential-humanistic) and that they appreciate a chance to develop competency in multicultural dimensions.

The foundations of counseling and therapy form the introductory portion of this book. This foundation is provided in the belief that a review of and additional competence in the empathic dimensions, microskills, and developmental theory enable counselors and psychotherapists to understand and master important theories more rapidly and effectively. Moreover, employing such strategies as the community and family genograms, the well-organized interview, solution-based counseling and therapy, and developmental constructs constitutes the basis of a theoretical and practical approach to the field.

Our Mission

Our mission in writing *Counseling and Psychotherapy: A Multicultural Perspective*, Fourth Edition, is to

- provide you with a solid foundation in the theoretical concepts of the major theories of counseling and psychotherapy
- enable you to take these theories into direct counseling and clinical practice
- assist you in examining present-day counseling and therapy from a practical culture-centered perspective while simultaneously respecting traditional individual approaches to the field
- start you on the journey toward skilled counseling and therapy practice

What's New in the Fourth Edition?

Positive feedback from students and professors has led us to maintain the structure of the last edition, but there are some important changes, including the following:

1. There is more extensive use of practice exercises to ensure that theory can be tested in the reality of the interview.
2. An additional chapter on multicultural counseling and therapy has been added to give it co-equal status with psychodynamic, cognitive-behavioral, and existential-humanistic theory.
3. Family therapy theory is integrated throughout the text.
4. The cognitive-behavioral chapters have been expanded to include more specifics of practice, the work of Arnold Lazarus, and Albert Ellis's newly re-labeled rational-emotive behavior therapy. Stress management has been given even more attention in this revision.
5. Solution-oriented therapy has been added to the microskills chapter, and the decisional and microskills chapters have been combined.
6. The community genogram, a new practice strategy, has been added to Chapter 1. This strategy gives students, even during the first week in class, a concrete way to consider how the individual develops in the family and cultural contexts.
7. Spiritual issues are identified for the first time as an important part of the counseling and therapy process. Although this may be controversial, students and clients have continually requested consideration of this area. The authors especially look forward to the readers' feedback on this new material.

The Portfolio Concept Helps Ensure Competence

The authors believe that this is a book that “works”—that students will be able to make practical use of what they learn in *Counseling and Psychotherapy: A Multicultural Perspective*. Students will be able to take pride in their accomplishments and achieve major gains throughout the school term. Students' progress can be enhanced by using the portfolio concept discussed in more detail in the *Instructor's Resource Manual*. By accumulating the completed exercises in this book, students can assemble an impressive portfolio detailing their competencies in the course. Many students take their portfolios to their internship sites and to prospective employers as a way of documenting their work.

A Brief Overview of the Fourth Edition

This edition continues an emphasis on worldview and multiple perspectives and the need for counselors and clinicians to generate their own constructions of the help-

ing process. The authors maintain that each theory presented has value. Our experience has led us from a position of “Which theory is best?” to a belief that each theory has value for some clients. We believe it is important for students to understand and master the basics of sometimes competing ideologies.

The first section of this book focuses on foundational and integrative aspects of helping. Empathy, microskills, decisional counseling, and developmental counseling and therapy (DCT) are presented in the early chapters both as practical skills and as theories in themselves. Students who master these concepts and theories early are better prepared to understand and work with the theoretical and practical material presented in later chapters.

The two chapters on multicultural counseling and therapy (MCT) are based on new theoretical work by Derald Wing Sue. Sue has given us an integrated way to think about a culture-centered approach that builds on and respects person-centered methods and theories. In the last edition, MCT was presented mainly as a theory. In this new edition, MCT has become very explicit, with many suggestions for practical work in the interview.

This book is simultaneously traditional and new. The writings of such giants in the field as Freud, Rogers, Frankl, and Skinner are always impressive in the wisdom and the value of their contributions. At the same time, more modern theorists, such as Aaron Beck, Donald Meichenbaum, Albert Ellis, and the family therapists, have enriched the traditional legacy.

Each of the traditional chapters is balanced by offerings from multicultural theorists committed to psychodynamic, cognitive-behavioral, and existential-humanistic thought. Such theorists as Bruce Taub-Bynum (psychodynamic), Donald Cheek (cognitive-behavioral), and Clemmont Vontress (existential-humanistic) show how to continue the traditional approaches and also add some useful new dimensions to both theory and practice. Multicultural theory and practice enrich and are enriched by the traditional theories in the field.

The importance of research informing counseling and clinical practice cannot be overstressed. Each chapter includes a research exhibit, and the concluding chapter focuses on the importance of including some form of research and evaluation in every counseling and therapeutic encounter. As Kurt Lewin has rightly stated: “No research without action. No action without research.”

The Internet and World Wide Web

Allen and Mary Ivey will be developing a web site to support this book. The web site will provide links to many sources for further information and study. As new ideas and exercises present themselves, the authors will make them immediately available. The intention is to keep the fourth edition of *Counseling and Psychotherapy: A Multicultural Perspective* fully up to date. Links to the developing site may be found at <http://www-unix.oit.umass.edu/~ivey/> or by e-mailing ivey@educ.umass.edu and/or micro@crocker.com. As www and e-mail addresses can change,

write Allen Ivey at Box 9641, North Amherst, MA 01059-0941 for current information on addresses if you cannot reach these addresses.

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The Culturally Intentional Counselor or Therapist: Introduction and Overview

CHAPTER GOALS

Humans are natural storytellers, and our clients come to us with tales of their life challenges, their defeats, and, best of all, their triumphs. Our task is to listen and learn with them. If we are effective, their stories become more positive, or they learn new ways to live with them. Clients can take their new knowledge into action in their tasks and relationships.

The complexity of our ever-changing world brings clients to counseling and therapy seeking answers to a wide array of story lines. When working with stories in which personal abuse is an issue, our responsibility is to act quickly and provide safety. Other times, when listening to the narratives of survivors of long-past trauma, sometimes our best action may be to work directly on the societal conditions that allowed the abusive story to occur. With other clients facing existential issues of meaning, sometimes our task is to listen carefully and perhaps to point out that life often gives us more questions than specific answers. With a client dealing with the early phases of depression, our task may focus on some concrete skills of cognitive and behavioral change.

The postmodern world is complex and full of many stories. People experiencing the same event may provide widely varying narratives of what they saw, heard, and felt. This book outlines some important theories—stories told by the counseling and therapy profession. These stories provide some structure for working with the complexity and variety of the clients you will encounter in your daily practice. This book asks you to look at the multiple theories and practices existing within the field and develop your own theoretical integration.

Five key concepts are presented in this chapter to orient you to the major theoretical stories of this book: