



# Culture and Identity: Life Stories for Counselors and Therapists

*Anita Jones Thomas, Sara E. Schwarzbaum*

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*Culture and Identity: Life Stories for Counselors and Therapists, 3e*, contains a collection of autobiographical stories centered on themes of race/ethnicity, immigration/acclulturation, religion, and social class. Stories allow the reader to understand the significance and influence of culture on identity development, sense of self, family relationships, interpersonal relationships, and life choices. The engaging stories are easy to read, as each storyteller tells their real life struggles with identity development, life events, family relationships and family history. Each chapter contains a discussion of content themes, along with clinical applications, including assessment questions, techniques and interventions, and countertransference or personal reactions evoked from the stories. Readers will enhance their understanding of intra-group differences, increase their repertoire of clinical skills, and sharpen their multicultural competency. The new third edition includes an expanded framework model that encompasses racial socialization, oppression, and resilience, as well as new discussions of timely topics including race and gender intersectionality, microaggressions, enculturation, cultural homelessness, risk of journey, spirituality and wellness, and APA guidelines for working with transgendered individuals.



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