



Culturally Competent Therapy: Working with Children and Young People (Basic Texts in Counselling and Psychotherapy)

Steven Walker

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The need to respond effectively to every troubled child or young person has never been greater as the world witnesses a period of global anxiety. Increased migration, terrorism, ethnic conflict, globalisation and the widening gap between rich and poor nations are producing psychological consequences requiring skilled attention. Political reactions to the needs of refugees and asylum seeking families inflict emotionally damaging racist abuse and public persecution.

Culturally Competent Therapy offers a timely response in these highly charged circumstances. This accessible, practical book provides:

- a synthesis of psychodynamic and systemic theories for effective work with black and other ethnic minority families
- a focus on developing a realistic, socially inclusive practice
- an examination of the psychological impact of religious and spiritual cultural beliefs
- an exploration of the use of world myths, fairy tales and legends in therapeutic work
- an understanding of cultural differences and similarities in child and adolescent development

Culturally Competent Therapy is an essential text for all qualified or trainee counsellors and psychotherapists, and anyone who works in the caring professions.

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