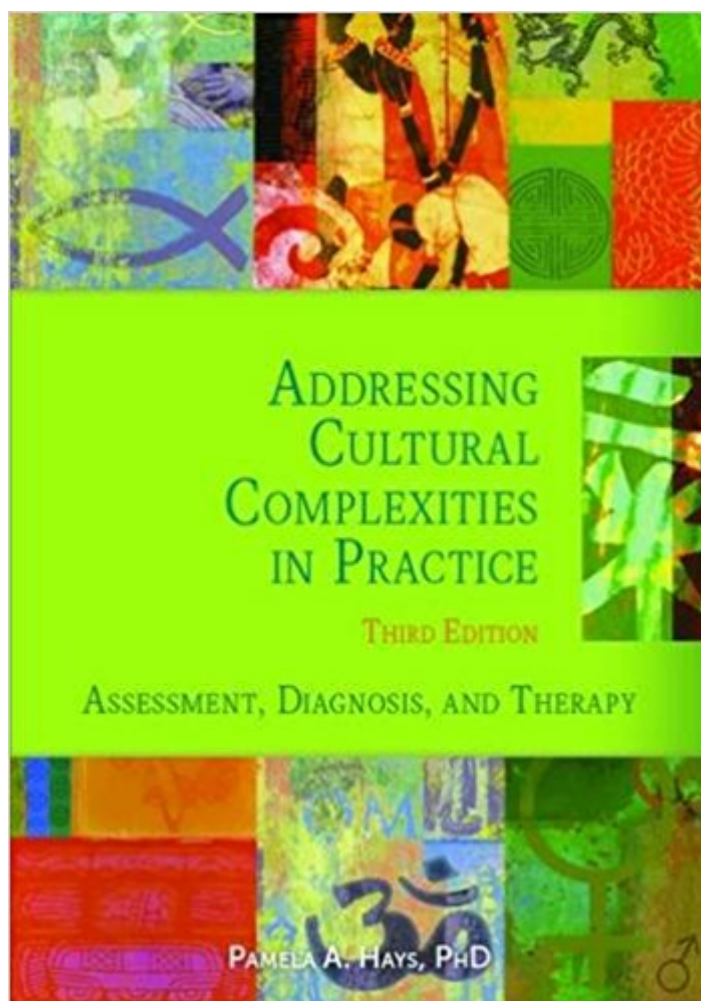


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# Addressing Cultural Complexities In Practice: Assessment, Diagnosis, And Therapy, Third Edition



## Synopsis

In an increasingly diverse society, psychotherapists must be able to work effectively with a wide variety of clients. Hays' popular bestseller invites readers to move beyond a one-dimensional view of identity to a nuanced understanding of the overlapping cultural influences that affect us all. Her ADDRESSING framework encompasses Age and generational influences, Developmental or other Disabilities, Religion and spirituality, Ethnic and racial identity, Socioeconomic status, Sexual orientation, Indigenous heritage, National origin, and Gender. This third edition is richly illustrated with case material and includes up-to-date information on the DSM-5, ICD-10, and upcoming ICD-11, plus new sections on working with people in poverty, children, and transgender people; and trauma-informed care. Each chapter includes a Key Ideas summary and practice exercises, making it ideal for personal education or group use.

## Book Information

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## Customer Reviews

I highly recommend this book because it is a very practical and comprehensive textbook on cross-cultural competence in assessment and therapy. --PsycCRITIQUES

Pamela Hays holds a Ph.D. in Clinical Psychology from the University of Hawaii, a B.A. in psychology from New Mexico State University, and a certificate in French from La Sorbonne in Paris, France. From 1987 through 1988, she served as an NIMH postdoctoral fellow at the University of Rochester School of Medicine. From 1989 through 2000, she worked as core faculty

member of the graduate psychology program at Antioch University in Seattle. In 2000, she returned to her home town on the Kenai Peninsula (Alaska) where she has since worked in community mental health, private practice, and with the Kenaitze Tribe's Nakenu Family Center. Her research has included work with Tunisian women in North Africa, and Vietnamese, Lao, and Cambodian people in the U.S. She is author of *Addressing Cultural Complexities in Practice: Assessment, Diagnosis, and Therapy* (APA Books); *Connecting across Cultures: The Helper's Toolkit* (SAGE), and coeditor of *Culturally Responsive Cognitive-Behavioral Therapy: Assessment, Practice, and Supervision* (APA Books). APA has produced a video of her work as part of their expert therapist series entitled *Culturally Responsive Cognitive-Behavioral Therapy in Practice*.

The book came in just fine, it just took a while to get here.

Never used it but once. Ok text.

In the interest of full disclosure, I must say that I met Dr. Hays in APA's 2014 annual conference and we have frequently e-mailed since then. We sat in a table to talk about our shared interests until we noticed a cleaning lady with tear-filled eyes. We invited her to sit with us. She told us about being separated from her children who are living in El Salvador and how much she misses them. After 5 minutes she thanked us for our time and stood up and went back to work with a smile and bright eyes. She repeatedly thanked us as she left. During those few minutes she seemed to feel acknowledged and understood which is precisely what Dr. Hays' third edition *Addressing Cultural Complexities in Practice: Assessment, Diagnosis, and Treatment* teaches us to do. This edition, even more than previous ones, describes specific skills that will allow clinicians to connect and find each other despite cultural differences that may seem insurmountable. Dr. Hays' compassion and emphasis on the positive is evident which provides an energizing and hopeful view. However, perhaps the biggest strength of this book is that the *ADDRESSING* framework is described in more detail. In the *ADDRESSING* framework she systematizes a strategy to not only talk about differences but also to use them as assets in the psychotherapeutic process. Vivid examples with poor patients, children and transgendered populations are now included. In addition, she has written a new chapter on diagnoses and the DSM-5 that is very timely and important. As I reread this book I remembered the Salvadorian woman and imagined how many more people could benefit from such an important and useful

approach. Martin La Roche, Ph.D. Author of Cultural Psychotherapy: Theory, Methods and Practice. Harvard Medical School

This book should be regarded as required reading for all seasoned and new professionals working in social services and the clinical counseling fields. Dr. Hays lays out a well-researched and easy to understand best-practices approach for working with various diverse populations. This book has been extremely helpful in building my own practice and I use her ADDRESSING model often. I highly recommend this book to anyone looking to provide ethical, informed, culturally competent professional clinical and social services to diverse populations.

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