



October 2022: 336pp  
3 illustrations

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Pb: 978-0-367-53349-6 | \$48.95  
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# Counseling and Psychotherapy for South Asian Americans

Identity, Psychology, and Clinical Implications

Edited by **Ulash Thakore-Dunlap, Devika Srivastava and Nita Tewari**

This essential text explores what it means to be a South Asian American living in the US while seeking, navigating and receiving psychological, behavioral or counseling services. It delves into a range of issues including cultural identity, racism, colorism, immigration, gender, sexuality, parenting, and caring for older adults.

Chapter authors provide research literature, clinical and cultural considerations for interviewing and treatment planning, case examples, questions for reflection, and suggested readings, as well as worksheets and handouts. The book also includes insights on the future of South Asian American mental health, social justice, advocacy, and public policy.

Integrating theory, research, and application, this book serves as a clinical guide for therapists, instructors, professors and supervisors in school/university counseling centers working with South Asian American clients, as well as for counseling students.

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