



# Theories of Counseling and Psychotherapy: A Multicultural Perspective

*Allen E. Ivey, Michael D'Andrea, Mary Bradford Ivey*

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***Theories of Counseling and Psychotherapy*** provides future mental health practitioners with a solid foundation in the theoretical concepts of the major theories of counseling and psychotherapy, enabling them to take these theories directly into clinical practice and to assist them in examining present-day counseling and therapy from a practical culture-centered perspective while simultaneously respecting traditional individual approaches to the field. The book is unique among other texts in that it **fully integrates neuroscience and a multicultural approach**, which is demonstrated throughout every chapter and reflects the need for mental health practitioners to have a heightened level of cultural competence and understanding of neuroscience in the future.

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