



Psychotherapy and Culture: Weaving Inner and Outer Worlds

Zack Eleftheriadou

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This book explores cross-cultural relationships and the psychological journey of migration, drawing from the author's extensive experience in this field. Many complex theoretical and clinical questions are raised and creative ways to integrate cross-cultural issues into clinical work are demonstrated. It is a delicate process to address the conscious and unconscious inner world and understand it within its appropriate socio-cultural context, and this is illustrated throughout the text with rich case material from clinical and non-clinical populations. The basic premise of the book is that if we take on board the cross-cultural dimension, the more the client's material 'flows' and clinical work reaches a much deeper level, appropriately serving the needs of our culturally diverse client groups. This text is a valuable practical resource for counsellors and psychotherapists who wish to find ways to incorporate the role of racial and cultural issues in their clinical work.

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