



Anti-Discriminatory Practice in Counselling & Psychotherapy (Professional Skills for Counsellors Series)

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Anti-Discriminatory Practice in Counselling and Psychotherapy is a groundbreaking text which identifies the ease with which individuals can be disadvantaged merely on the basis of their gender, race, culture, age, sexuality or ability. Examining these and other areas of discrimination, leading experts highlight how vital it is for counsellors, psychotherapists - and others in the helping professions - to be aware of and engage with their own social, political and cultural attitudes, and how they must develop their skills as culturally sensitive, reflective practitioners if counselling is to be truly accessible to all members of society.

This substantially revised and updated second edition now also includes chapters on working within an anti-discriminatory approach with:

- refugees

- people with mental health difficulties

- people with disfigurement or visible differences.

While each thought-provoking chapter now:

- links theory to practice by providing case studies and extracts from therapeutic dialogues

- assesses the most recent research findings
- provides exercises for enhancing awareness and skills within each different domain or care setting
- presents references for further recommended reading.

Clearly written and accessible, *Anti-discriminatory Practice in Counselling and Psychotherapy* is an indispensable addition to the toolkit of everyone either training to be or practising in the counselling and psychotherapeutic professions.

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