

Culturally Responsive Cognitive Behavioral Therapy Assessment Practice And Supervision

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Description. In Culturally Responsive Cognitive – Behavioral Therapy in Practice, Pamela A. Hays demonstrates her change-oriented approach to psychotherapy, adapting mainstream cognitive – behavior therapy (CBT) to fit the client's cultural identity, context, and preferences. Key aspects of culturally responsive CBT include acceptance of core cultural beliefs, an emphasis on culturally related strengths and supports, and validation of the client's experiences of oppression with consideration ...

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Culturally Responsive Cognitive Behavioral Therapy: Making the Case for Integrating Cultural Factors in Evidence-Based Treatment

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In increasingly multicultural societies, cognitive behavioral therapy (CBT) must be made appropriate for diverse groups. This article examines cultural adaptations of CBT, focusing on anxiety and depressive disorders. The article presents a culturally informed, transdiagnostic model of how anxious-depressive distress is generated and culturally shaped.

Cultural Adaptations of Cognitive Behavioral Therapy

Culturally responsive cognitive-behavioral therapy : assessment, practice, and supervision / edited by Pamela A. Hays and Gayle Y.Iwamasa. p. cm. Includes bibliographical references and index. ISBN 1-59147-360-8 1. Cognitive therapy. 2. Behavior therapy. I. Hays, Pamela A. II. Iwamasa, Gayle. RC489.C63C85 2006 616.89'142--dc22 2005029626

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Culturally Responsive Cognitive Behavior Therapy: Practice ...

ERIC - ED592228 - Culturally Responsive Cognitive Behavior Therapy: Practice and Supervision. Second Edition, APA Books, 2018-Oct. This volume shows mental health providers how to integrate cultural factors into cognitive behavior therapy (CBT). Contributing authors describe the application of CBT with clients of diverse cultures and discuss how therapists can refine CBT to increase its effectiveness with clients from a variety of cultural backgrounds.

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Cognitive behaviour therapy across cultures - ScienceDirect

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