



Multicultural Couple Therapy

Mudita Rastogi, Volker K. Thomas

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Most traditional couple therapy models are based on the Eurocentric, middle-class value system and are not effective for today's psychotherapists working in multicultural settings. **Multicultural Couple Therapy** is the first "hands-on" guide for integrating couple therapy with culture, race, ethnic identity, socioeconomic status, religious beliefs, sexual orientation, and immigration experiences.

The editors and a culturally diverse group of contributors follow a common outline of topics across chapters, related to theory, research, practice, and training. They report on the application of major evidence-based models of couple therapy and demonstrate the integral role played by contextually based values involved in relationships, conflict, and resolution.

Key Features

- Presents a multiperspective approach that focuses on specific cultural issues in couple therapy
- Creates a cultural context for couples to help readers better understand key issues that affect relationships
- Features a series of compelling "Case Examples" from the authors' personal therapeutic experience in treatment with couples from diverse backgrounds
- Includes "Additional Resource" sections, including suggested readings, films, and Web sites, as well as experiential exercises and topics for reflection

Intended Audience

This groundbreaking book provides an in-depth resource for clinicians, supervisors, educators, and students enrolled in courses in couple therapy, marriage and family therapy, and multicultural counseling who are interested in how diverse clients define conflicts and what they consider to be functional solutions.

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