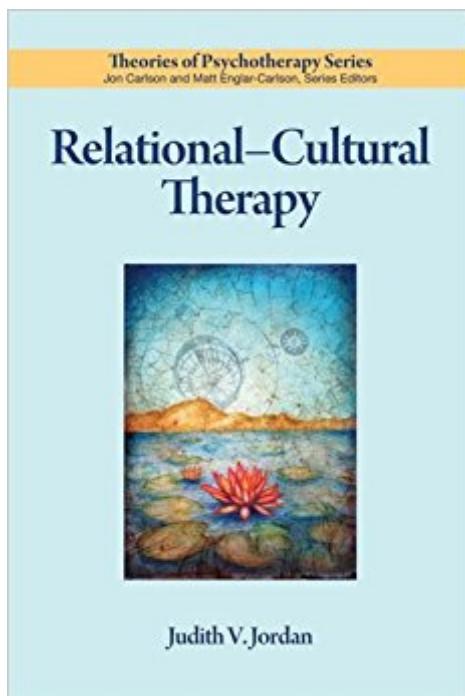


The book was found

Relational-Cultural Therapy (Theories Of Psychotherapy)



Synopsis

In the Theories of Psychotherapy Series. In Relational Cultural Therapy, Judith V. Jordan explores the history, theory, and practice of this relationship-centered, culturally oriented form of therapy. Mainstream western psychological theories generally depict human development as moving from dependence to independence. In contrast, relational cultural therapy is built on the premise that, throughout the lifespan, human beings grow through and toward connection, and that we need connections to flourish, even to stay alive. This theory views isolation as a major source of suffering for people, at both a personal and cultural level. The goal of therapy is to deepen the therapeutic relationship and, ultimately, the client's relationships outside of therapy. Therapy focuses on a client's relational images positive or negative expectations created by past relationships that in turn influence present and future relationships. Negative relational images often cause disconnection between people, so the relational cultural therapist seeks to decrease the effect of these negative images and help the client to become more connected with others. The theory behind this approach centers around positive interpersonal factors such as growth-fostering relationships and mutual empathy as well as cultural factors that facilitate validation and empowerment for marginalized populations. The approach seeks to reduce sources of individual isolation and social injustice, such as racism, classism, and homophobia, which contribute to chronic disconnection. In this book, Dr. Jordan presents and explores this approach, its theory, history, the therapy process, primary change mechanisms, empirical basis, and future developments. This essential primer to relational cultural therapy, amply illustrated with case examples, is perfect for graduate students studying theories of therapy and counseling as well as for seasoned practitioners interested in understanding this approach.

Book Information

Series: Theories of Psychotherapy

Paperback: 136 pages

Publisher: American Psychological Association (APA); 1 edition (September 1, 2009)

Language: English

ISBN-10: 1433804638

ISBN-13: 978-1433804632

Product Dimensions: 6 x 0.4 x 8.9 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #263,301 in Books (See Top 100 in Books) #289 in Books > Medical Books > Psychology > Movements > Psychoanalysis #469 in Books > Textbooks > Social Sciences > Psychology > Clinical Psychology #788 in Books > Medical Books > Psychology > Psychotherapy, TA & NLP

Customer Reviews

This book is a concise introduction to the theory of Relational Cultural Therapy. It is easy to read and understand. I highly recommend this book if you need basic information on the topic.

Small but very insightful. A good read for anyone starting their work in counseling or therapy.

Great read! Came in plastic and excellent condition! Book is clear and to the point!

[Download to continue reading...](#)

Relational-Cultural Therapy (Theories of Psychotherapy) The Great Psychotherapy Debate: The Evidence for What Makes Psychotherapy Work (Counseling and Psychotherapy) The Relational Database Dictionary: A Comprehensive Glossary of Relational Terms and Concepts, with Illustrative Examples Understanding and Treating Dissociative Identity Disorder: A Relational Approach (Relational Perspectives Book Series) Traumatic Narcissism: Relational Systems of Subjugation (Relational Perspectives Book Series) Art Therapy and Music Therapy Bundle: (Expressive Arts, Movement Therapy, Art Therapy Trauma, Therapy Books) Existential-Humanistic Therapy (Theories of Psychotherapy) Interpersonal Process in Psychotherapy: A Relational Approach Relational Child Psychotherapy Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) Theories for Direct Social Work Practice (SW 390N 2-Theories of Social Work Practice) Theories of Personality (PSY 235 Theories of Personality) Philosophies And Theories For Advanced Nursing Practice (Butts, Philosophies and Theories for Advanced Nursing Practice) Nursing Theories and Nursing Practice (Third Edition) (Parker, Nursing Theories and Nursing Practice) Theories of Counseling and Psychotherapy: A Case Approach (3rd Edition) Theories of Psychotherapy & Counseling: Concepts and Cases Psychotherapy Theories and Techniques: A Reader Psychoanalysis and Psychoanalytic Therapies (Theories of Psychotherapy) Skills in Gestalt Counselling & Psychotherapy (Skills in Counselling & Psychotherapy Series) Cupping Therapy: An Essential Guide to Cupping Therapy, How it Works, and Its Benefits (Suction Cup Therapy | Chinese Cupping | Bekam | Hijama | Ventosa)

[Dmca](#)