



Transference and Empathy in Asian American Psychotherapy: Cultural Values and Treatment Needs

Jean Lau Chin, Joan Huser Liem, Mary Anna Domokos-Cheng Ham, George K. Hong

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The Asian American population is increasing rapidly and, not unpredictably, so are its mental health needs. A number of cultural factors and stressors common to Asian Americans pose obstacles to the successful employment of Western psychotherapy approaches and counseling---for example, the central role of the family in Asian life and the culturally based, traditional stigma associated with mental health problems. The authors, all practicing psychotherapists, focus on the critical aspects of transference and empathy in their consideration of the mental health approaches and therapies appropriate to ethnic minority population.

The work has value as a resource for professionals and as a training guide for those intending to practice as psychotherapists and counselors in minority communities. It offers extraordinary insights and practical guidance through the use of case studies. Not only do these identify problems stemming from the racial differences between client and therapist, but they also provide rich clinical examples of case diagnosis, treatment plans, and client status statements. This is an important book that will further both the theory and practice of psychotherapy among minority populations.

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