



# Counseling Latinos and la familia: A Practical Guide (Multicultural Aspects of Counseling And Psychotherapy)

Azara L. (Lourdes) Santiago-Rivera, Patricia Arrendondo, Maritza Gallardo-Cooper

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Counseling Latinos and la familia provides an integrated approach to understanding Latino families and increasing competency for counselors and other mental health professional who work with Latinos and their families. It provides essential background information about the Latino population and the family unit, which is so central to Latino culture, including the diversity of various Spanish-speaking groups, socio-political issues, and changing family forms. The book also includes practical counseling strategies, focusing on the multicultural competencies approach.



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