



An Integrative Approach to Counseling: Bridging Chinese Thought, Evolutionary Theory, and Stress Management (Multicultural Aspects of Counseling And Psychotherapy)

Robert G. Santee

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An Integrative Approach to Counseling: Bridging Chinese Thought, Evolutionary Theory, and Stress Management offers a global and integrative approach to counseling that incorporates multiple concepts and techniques from both eastern and western perspectives. The book identifies commonalities rather than the differences between them. The book also compares and contrasts the underlying cultural assumptions of western counseling with those of the Chinese perspectives of Confucianism, Daoism, and Buddhism, relative to integrating and applying a more global approach to helping individuals functionally adapt to challenges in their environments. The book will be used by faculty and students in those advanced undergraduate and graduate courses in psychology, counseling, or social work that cover such areas as introduction to counseling, counseling skills and techniques, counseling theories, multi-cultural awareness and counseling, and stress management.

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