



Asian Perspectives in Counselling and Psychotherapy

Pittu Laungani

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Asian Perspectives in Counselling and Psychotherapy considers what exactly cross-cultural counselling and psychotherapy mean. Topics covered include:

- * a detailed analysis of the concept of culture, and the relationship between culture and therapy
- * a comparative study of Western cultures and Eastern cultures
- * the historical development of counselling and psychotherapy in Western countries
- * the controversies related to the problem of 'matching' clients with therapists.

Illustrated by stimulating case studies, the theoretical knowledge and practical advice presented in *Asian Perspectives in Counselling and Psychotherapy* will be invaluable reading to all practising and training counsellors and psychotherapists.

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