



# Asian Perspectives in Counselling and Psychotherapy

*Pittu Laungani*

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**Asian Perspectives in Counselling and Psychotherapy** Pittu Laungani

*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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