



Culture and Mental Health: Sociocultural Influences, Theory, and Practice

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Culture and Mental Health takes a critical look at the research pertaining to common psychological disorders, examining how mental health can be studied from and vary according to different cultural perspectives.

- Introduces students to the main topics and issues in the area of mental health using culture as the focus
- Emphasizes issues that pertain to conceptualization, perception, health-seeking behaviors, assessment, diagnosis, and treatment in the context of cultural variations
- Reviews and actively encourages the reader to consider issues related to reliability, validity and standardization of commonly used psychological assessment instruments among different cultural groups
- Highlights the widely used DSM-IV-TR categorization of culture-bound syndromes

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Editorial Review

Review

"Overall, this book is well worth taking out from a local library." (Mental Health Practice, 1 November 2011)

"*Culture and Mental Health* is an extremely thought-provoking collection of commentaries containing a wealth of information within which all readers are bound to find something both new and informative to them in their practice....." (CNWL NHS Foundation Trust, November 2010)"This title is useful both in the library and in the classroom." (CHOICE, September 2009)

Review

"Eshun and Gurung's book represents the latest and best effort to compile the information about culture and mental health available in the field today. They have assembled some of the best scholars in the field to bring to bear their expertise in each of their respective areas. Readers will be enlightened with the exceptional information described in each of the chapters. The text is relevant, well written, and engaging, and Eshun and Gurung are to be commended for an exceptional effort that will be a standard in the field." –*David Matsumoto, San Francisco State University*

"Specifically focusing on the work of counselors and clinicians, and especially oriented to students and trainees aspiring to careers in the helping professions, this volume provides a rich introduction to the multitude of ways in which culture shapes everyday life, its various challenges, and their solutions. Far from an abstract and empty notion, Eshun and Gurung's collection adds flesh, bones, and blood to the notion of 'culture' and offers persuasive illustrations of what is meant by the term 'cultural competence.'" –*Larry Davidson, Yale University*

"Eshun, Gurung, and their contributing scholars provide a broad overview of culture and mental health. The book is well worth considering for graduate courses in counseling, psychology, and related fields." –*Steven Lopez, University of Southern California*

"*Culture and Mental Health* comes to grips with the complexities of the field without overwhelming or intimidating its readers. Thoroughly documented and up to date, the book is relevant for clinicians and researchers at all levels of training and experience." –*Juris G. Draguns, Professor Emeritus of Psychology, Pennsylvania State University*

From the Back Cover

What is culture, and how does it influence perceptions about mental health? *Culture and Mental Health* examines the role of sociocultural issues on mental health, psychological disorders, and assessment. The book takes a critical look at the research pertaining to common psychological disorders such as depression and anxiety, presenting a refreshing new approach to understanding mental health.

Users Review

From reader reviews:

Blake Westerman:

Why don't make it to be your habit? Right now, try to ready your time to do the important work, like looking for your favorite publication and reading a reserve. Beside you can solve your long lasting problem; you can add your knowledge by the publication entitled Culture and Mental Health: Sociocultural Influences, Theory, and Practice. Try to the actual book Culture and Mental Health: Sociocultural Influences, Theory, and Practice as your pal. It means that it can being your friend when you experience alone and beside those of course make you smarter than ever. Yeah, it is very fortunated for yourself. The book makes you far more confidence because you can know almost everything by the book. So , we need to make new experience and knowledge with this book.

Richard Plummer:

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Morris Sampson:

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