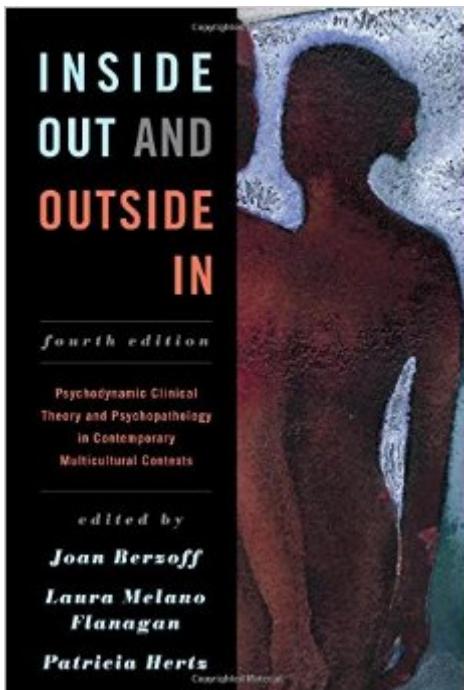


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# Inside Out And Outside In: Psychodynamic Clinical Theory And Psychopathology In Contemporary Multicultural Contexts



## **Synopsis**

Inside Out and Outside In has established itself as a foundational book for mental health practitioners in a variety of disciplines who work with clients in complex social environments. It is unique in its focus on the forces that shape people from within and also from their social worlds, with sensitivity to race, gender, sexuality, and class. The fourth edition features new material and revisions throughout while maintaining the respectful and accessible style for which the book is known. A new chapter on DSM-5 explains its history, social construction, and the most significant changes, such as the configurations of personality disorders and schizophrenia. A new chapter on Cognitive Behavioral Theory and Practice explains the rise in CBT practice, strengths and weaknesses in the approach, and how practitioners can weave it with other theories successfully. In addition to the new chapters, this edition contains new content on gay, lesbian, and transgender people; new case studies representing differences in age, class, culture, race, sexual orientation, and gender; examples on treating clients individually and in groups; new material on infant development; new research on neurobiology and mindfulness, such as mindfulness and survivor guilt; and more. The fourth edition of Inside Out and Outside In is an up-to-date and essential resource for mental health professionals and students practicing in today's increasingly complex environment.

## **Book Information**

Paperback: 568 pages

Publisher: Rowman & Littlefield Publishers; 4 edition (February 8, 2016)

Language: English

ISBN-10: 1442236841

ISBN-13: 978-1442236844

Product Dimensions: 5.9 x 0.8 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

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Best Sellers Rank: #13,369 in Books (See Top 100 in Books) #2 in Books > Medical Books > Psychology > Ethnopsychology #23 in Books > Textbooks > Social Sciences > Psychology > Clinical Psychology #23 in Books > Medical Books > Psychology > Counseling

## **Customer Reviews**

Received in perfect condition and in just a few days. Needed this text for a theory class in graduate social work program.

The book is very interesting. It is almost on the level of cannot put down.

Was helpful.

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