



Explorations in Diversity: Examining Privilege and Oppression in a Multicultural Society (Counseling Diverse Populations)

Sharon K. Anderson, Valerie A. Middleton

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This unique text features personal accounts from mental health professionals, professors and students facing issues of privilege and oppression in our diverse society. In this collection of articles, writers discuss discoveries and experiences about their own privileges and oppression, and ultimately, the compassion they've developed for individuals confronted with discrimination. Each essay will inspire you to reflect on your own encounters with privilege and oppression, while discussion questions at the end of each story provide an opportunity to process these issues on a personal level. By studying these revealing stories of insight and understanding, you'll learn how to recognize, examine, and finally, come to terms with your own privileges and discrimination -- allowing you to become a stronger, more acute, and more effective practitioner of the helping professions.

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