



Filipino American Psychology: A Handbook of Theory, Research, and Clinical Practice

Kevin Nadal

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Praise for *Filipino American Psychology: A Handbook of Theory, Research, and Clinical Practice*

"*Filipino American Psychology: A Handbook of Theory, Research, and Clinical Practice* is destined to make a major contribution to the field of Asian American psychology and to the larger field of multicultural psychology."

—**From the Foreword by Derald Wing Sue, PhD Professor of Psychology and Education, Teachers College, Columbia University**

"Dr. Nadal has done a superb job of locating the experiences of Filipino Americans within the larger scholarship on ethnic minority psychology, while also highlighting the complexity, richness, and uniqueness of their psychological experiences. This book should be a part of everyone's library."

—**E.J.R. David, PhD Assistant Professor, Department of Psychology, University of Alaska Anchorage**

"Ranging from historical contexts to present-day case studies, theoretical models to empirical findings, self-reflection activities to online and media resources, *Filipino American Psychology* will engage, stimulate, and challenge both novices and experts. Without question, Dr. Nadal's book is a foundational text and a one-stop resource for both the Filipino American community and the community of mental health professionals."

—**Alvin N. Alvarez, PhD Professor, San Francisco State University**

A landmark volume exploring contemporary issues affecting Filipino Americans, as well as the most successful mental health strategies for working with Filipino American clients

Addressing the mental health needs of the Filipino American population—an often invisible, misunderstood, and forgotten group—*Filipino American Psychology* provides counselors and other mental health practitioners with the knowledge, awareness, and skills they can use to become effective and culturally competent when working with their Filipino American clients.

Filipino American Psychology begins by looking at the unique cultural, social, political, economic, and mental health needs of Filipino Americans. Noted expert—and Filipino American—Kevin Nadal builds on a foundational understanding of the unique role and experience of Filipino Americans, offering strategies for more effective clinical work with Filipino Americans in a variety of settings.

A must-read for mental health professionals as well as educators and students in the mental health field, *Filipino American Psychology* is an insightful look at the Filipino American community and the nuances of the Filipino American psyche.

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