

Book Review: Multicultural Counseling Workbook – Exercises, Worksheets & Games to Build Rapport with Diverse Clients

By Leslie E. Korn, PESI Publishing & Media, 2016, 234 pages

Reviewed by Janaka Jayawickrama

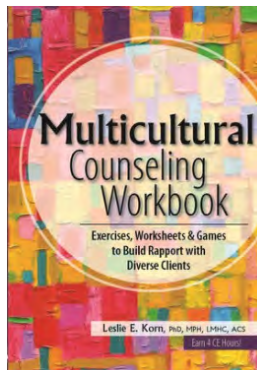
Those who understand others are intelligent.

Those who understand themselves are enlightened...” — Lao Tzu, Tao Te Ching, Chapter 33

Beyond clinical psychology and healing in the contemporary world, multiculturalism has become a buzzword in politics, business, management, and many other fields. The world today has become a clash between cultures – Western, Eastern, Christian, and Islam, to name a few. In this world we are trying to understand others without understand ourselves. This has created many divisions and not harmony.

Being a community care practitioner that collaborates within and between cultures, I find Leslie Korn's Multicultural Counseling Workbook a delight. It encourages the readers to engage with the exercises, worksheets, and games to understand themselves. In her own words in the Introduction, Leslie says “Knowing one's heritage provides an opportunity to expand one's own knowledge and appreciation of other cultures and to find a balance in life” (pp.xvi). In many ways this unique and innovative approach to multicultural counseling to improve wellbeing facilitates the reader to understand themselves before understanding others.

The Workbook is divided into seven chapters, where Leslie masterfully weaves different angles such as culture, ethnicity, sexual orientation and (dis)ability to build awareness



and competencies in multicultural counseling to understand the individual within communities and cultures. Throughout the chapters, the stories, explanations and exercises provide the opportunity for the reader to think about concepts within their own lives as well as professional experiences. It is very clear after engaging with the Workbook that all human beings are products of their culture and each

culture has its own uniquely acquired ways of construing its own world(s), which give meaning to their lives. What is striking is that Leslie managed to skilfully encourage the clinicians and healers to understand that each culture has something of value to offer to another culture and, equally importantly, something of value to learn and absorb from another culture. All the cultures in this world are in some ways imperfect because no culture has all the answers to the question of what constitutes a good life and how it should be lived.

In most clinical trainings there is a lack of learning about cultures and diversity. Regardless of the theoretical or research-based learning on cultures and diversity, the academic and clinical training seldom provides the opportunities for clinicians to explore their own cultures and traditions as they inform their attitudes and values. This Workbook fills this gap and encourages the reader to understand more

deeply who they are and where they come from. The exercises and worksheets encourage the clinicians to create new paths of insight and learning to use with their clients. Apart from a learning tool for clinicians, this Workbook also can be used as a 'refresher' for many kinds of helping professionals.

Leslie's use of language and presentation do not intimidate or overwhelm the reader with clinical jargon. The Workbook engages with its readers as equal partners in collaborative learning. The Workbook is open and accessible to a wide audience, not just clinicians or other academics.

Leslie is a clinician with a solid base in behavioral medicine, public health, traditional healing approaches and psychotherapy. She has been collaborating with various traditional healing approaches for over 40 years. She is also a seasoned writer of books such as *Rhythms of Recovery: Trauma, Nature and the Body* and *Nutrition Essentials for Mental Health: A Complete Guide to the Food-Mood Connection*. She has been on the faculty of Harvard Medical School, California Institute of Integral Studies, the New England School of Acupuncture and the National College of Naturopathic Medicine. Leslie is currently Core Faculty at Capella University.

This Workbook should be a required read for students of counselling and psychotherapy. This Workbook reiterates the fact that a mixture of cultures is more likely to lead to an improvement of one's own intellectual, emotional, artistic, spiritual, humanitarian, and moral vision.

About the reviewer



Janaka Jayawickrama, *PhD* is an academic and community practitioner from Sri Lanka. He has been collaborating with conflict, disaster, and uneven development-affected communities in Asia, Africa

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Cite this article as:

Jayawickrama, J. (2016). Book Review: Multicultural Counseling Workbook - Exercises, Worksheets & Games to Build Rapport with Diverse Clients, by Leslie E. Korn. *Fourth World Journal*. 15(1) pp. 111-112.