



Are You Culturally Competent?

by Dr. Elisa Bell provides an in depth examination of the continuum of culturally competent care that includes definitions of relevant terms and key concepts, historical aspects that influenced thinking, sentiments on how to develop culturally competent evaluations and develop skills

that enhance the therapeutic relationship and evolve personal development and insight. Standards of care and practice parameters available to enhance knowledge and skills are presented. The author shares clinical and personally rich experiences relevant to her own cultural journey that provide an additional lens into cultural competency.

The book has a well-developed reference section and is organized into chapters that address the positive aspects of training in cultural competence, the pitfalls when cultural competency is lacking and the resulting effect on patient care. There is an interesting and informative discussion of cultural variances through the use of clinical vignettes and case studies that are broad reaching in scope on how to evaluate, manage and treat within a culturally sensitive and relevant framework. Interviews with experts in the field further high light the importance of the integration of cultural awareness and competency into learning at all levels from private clinical practice to governmental and academic institutions of higher learning.

This important, timely and engaging book is written for a wide audience including counselors, teachers, paraprofessionals, administrators, psychologists, social workers, physicians, residents in training and other health care workers. Comprehensive in scope and thoughtfully composed, this is a must read for anyone who wants to enhance their fund of knowledge and develop skills in providing culturally competent care.

Renee Mehinger, MD

Former Outpatient Medical Director of Child and Adolescent Psychiatry Program at Rush University, Chicago Illinois

“Dr. Bell’s book comes at a critical time when cultural awareness, cultural appreciation, and cultural competency are under attack and all but being abandoned. Her approach not only appeals to academics researching the subject of cultural competency but also practitioners, patients and laypersons. The mixture of “mini” case studies and anecdotal accounts helps to broaden the perspective and understanding of the topic. This book helps the reader to gain a better understanding of why cultural competency is the essential glue to achieving a true relationship between providers, patients and laypersons towards creating a truly healthy society.”

Constance D. Shabazz, M.D., M.B.A., M.P.H., M.P.A.

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