

Book Review / Compte rendu

Collins, S. (Ed.). (2018). *Embracing Cultural Responsivity and Social Justice: Re-Shaping Professional Identity in Counselling Psychology*. Counselling Concepts. ISBN: 978-0-9738085-3-7, 1,086 pp.

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ABSTRACT

Sandra Collins's e-book *Embracing Cultural Responsivity and Social Justice: Re-Shaping Professional Identity in Counselling Psychology* integrates a well-grounded conceptual model for attending to culture and social justice in counselling with applied examples that bridge theory and practice. The book is interconnected between domains, competencies, learning outcomes, and key concepts in the culturally responsive and socially just (CRSJ) counselling model, which enhances meaningfulness, relevancy, and ease of application for readers. The interactive features of the e-book design include (a) audio and video components that bring the contents to life, (b) internal links that support easy navigation between various sections of the book, and (c) links between the concepts in each chapter and detailed glossary definitions that ground the ideas in the professional literature. This e-book is unique in its multimodality and is user friendly with language that is both professional and personal.

RÉSUMÉ

Le livre électronique de Sandra Collins intitulé *Embracing Cultural Responsivity and Social Justice: Re-Shaping Professional Identity in Counselling Psychology* intègre un modèle conceptuel bien fondé pour la prise en compte de la culture et de la justice sociale en counseling, en proposant des exemples de cas d'utilisation qui permettent de raccorder théorie et pratique. L'ouvrage établit des liens entre les domaines, les compétences, les acquis d'apprentissage, et les concepts clés du modèle de counseling adapté sur le plan culturel et socialement juste, ce qui favorise la richesse du sens, la pertinence, et la facilité d'application chez les lecteurs. Les fonctions interactives du livre électronique comprennent (a) des caractéristiques audio et vidéo qui rendent le contenu très vivant, (b) des liens internes qui facilitent la navigation entre les diverses sections de l'ouvrage, et (c) des liens entre les concepts de chaque chapitre et des définitions lexicales détaillées qui ancrent les idées dans la documentation

professionnelle. Ce livre électronique est unique par son approche multimodale et utilise une langue conviviale qui est à la fois professionnelle et personnelle.

As an instructor in Athabasca University's master's of counselling program, I strive to integrate discussions about cultural diversity and cultural humility in the courses I teach. Collins's e-book *Embracing Cultural Responsivity and Social Justice* appeared in 2018, and I was impressed with its innovative structure and organization, which allows readers to navigate between its sections and its glossary with live links. Collins provides a well-grounded conceptual, theoretical, and applied framework (60% of the book) and includes a diversity of voices from across Canada. Each contributing author is both a practitioner and a researcher. The contributors bridge theory and practice in personalized vignettes and offer practice ideas, making the book research informed as well as practical.

Purpose and Organization of the E-Book

Collins's volume introduces the culturally responsive and socially just (CRSJ) counselling model, which draws on research, current literature, and content analysis of case studies. The six domains and 18 core competencies of the CRSJ counselling model parallel the counselling process to apply the lenses of cultural diversity and social justice to practice. These six domains are introduced in a conceptual/theoretical chapter and are articulated further over six sections that include case studies by Canadian practitioners to illustrate the theoretical and practice principles within the domain. Collins optimizes her 20-plus years of research, writing, and counsellor education experience to create a comprehensive, interactive, learner-focused, and competency-based resource. This e-book received the silver medal for the best e-book design at the 2019 Independent Publisher Book Awards.

Detailed Description of the E-Book

There are 22 chapters clustered into an introductory section, six sections about the core domains of the CRSJ counselling model, and a final section on continued competency development.

- *Domain I:* Collins explores the complexity, intersectionality, and contextualization of cultural identities, emphasizing counsellor self-awareness as a foundation for cultural sensitivity and responsivity to client cultural identities. Chapters by Wong and Lavell highlight the intersections of gender, ethnicity, and social class.
- *Domain II:* Collins applies the lens of social justice to contextualize clients' lived experiences and to foreground social determinants of health.

Dupuis-Rossi presents a decolonizing approach to Indigenous historical trauma, and Huezo extends this minority-centred lens to the interplay of ethnicity and gender identity.

- *Domain III*: Collins posits a values-based and anti-oppressive stance grounded in professional ethics, with supporting chapters by Reynolds and Huminuik that focus on justice doing and on human rights, respectively.
- *Domain IV*: Collins positions relational practice as core to counselling outcomes, drawing on various theoretical models to reinforce the salience of culture and social justice. Audet models navigation of ageism as it arises within client–counsellor relationships. Cook highlights the centrality of relational connection at the interpersonal, family, and community levels in working with youth with life-limiting conditions.
- *Domain V*: A contextualized, systemic lens is applied to case conceptualization to honour client views of health and healing. Doyle and Gosnell apply this lens to family therapy, and Macdonald draws out implications for children and youth with learning disabilities.
- *Domain VI*: Theoretical flexibility supports responsive and multi-level change processes. Case illustrations by Collins, Chang, and Carter explore micro-, meso-, and macro-level changes with individuals, organizations, and communities.

Organizing the book according to the core competencies of the CRSJ counselling model successfully challenges the population-by-population approach to teaching multicultural counselling and models an intersectionality lens that honours the personal cultural identities, world views, and social locations of each client. The e-book design interlinks the conceptual model, theoretical chapters, and case studies, emphasizing the interplay of theory and practice. This allows readers to track concepts in a non-linear fashion throughout the book. Readers can take concepts like gender inequity and dominant ideologies and follow the live links to delve into the glossary to learn more about the terms. The authors write compellingly, and the links encourage readers to engage in instantaneous, real-time learning experiences and to return to the chapter with ease. Embedded video and audio files allow readers to hear authors' voices, which brings an intimate and personalized experience that is not possible in a printed book. These features enhance readers' ability to remember the authors' experiences and to connect more immediately with the concepts.

Personal and Professional Impact

I resonate with Collins's nuanced and critical treatment of social justice that encourages readers to position their professional identities along a spectrum, rather than in an either/or way. Within this spectrum, multiple perspectives are explored, and readers are invited to question, learn, unlearn, and reflect on

professional and personal beliefs, values, and practices in critical and constructive ways. I appreciate Collins's emphasis on client-centred, collaborative practice wherein theory and practice are responsive to the idiosyncratic needs of each client. The foci of personalized case examples lead me as a reader to delve into my own lived experiences and to draw from these examples to inform my practice. The emphasis on Canadian literature positions the e-book as relevant and timely for both researchers and practitioners. The book is designed to meet readers where they are (whether new or seasoned practitioners) and to open up new approaches and opportunities for enacting cultural responsiveness and social justice within individual and family practice, within communities and society, and within the profession. I particularly appreciated the free, open-source teaching and learning guide that provides learning activities for each key concept in the e-book (see <https://crsjguide.pressbooks.com/>). As a counsellor educator and a counselling psychologist, I have used concepts from this e-book in my online and face-to-face classes as well as with clients. I have heard learners and clients share how they may not have thought about a certain idea before and how they appreciate the new learning I borrowed from Collins's e-book. Limitations include that some readers may still prefer a hard copy book and that the length of the e-book is long, as it is over 1,000 pages. However, scholars and practitioners will find the e-book refreshing, and they will continue to discover its innovative and practical ideas.

About the Author

Gina Ko has a thriving private practice in Calgary, Alberta. She is also a sessional instructor in Athabasca University's master's of counselling program. Her main research interest pertains to minoritized people's mental health and well-being. She is drawn to postmodern counselling models and socially just practices.

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