



# **Bridging East-West Psychology and Counselling: Exploring the Work of Pittu Laungani**

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## **Bridging East-West Psychology and Counselling: Exploring the Work of Pittu Laungani**

This edited volume in honour of Dr Pittu Laungani, one of the leading cross-cultural psychologists of the West, brings together renowned names in the field of Psychology who critique Dr Laungani's contribution from various angles. It explores the nature of cross-cultural psychology, counselling and psychotherapy, specifically attempting to build bridges between Indian philosophy and the Western approaches and methods.

The various chapters consider interesting and challenging questions like culture and stress, traditional healing and Hindu spirituality, and caste, class and culture and their relationship to counselling psychology. The book will be of great interest to those teaching and studying courses on cross-cultural counselling and psychotherapy and also multicultural social work.



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