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Issues of multiculturalism and social justice in Counselling Psychology

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We live in a fast changing, multicultural and increasingly globalized world. With increasing numbers of people migrating across national borders for a variety of reasons; language differences, explanatory health beliefs and idioms of distress will require attention, if psychological and counselling services are to be accessible and meaningful to all members of our communities. To try and ensure that social justice and equal opportunities are upheld and that certain groups are not denied access to psychological services, every psychologist needs to actively consider a range of relevant issues. This is to ensure the ability to work confidently and effectively across cultures and with interpreters is present. Psychologists increasingly need to consider issues of cultural diversity and language in their practice. This paper will consider the role of culture and the interpreter in a mental health setting.