



Women of Color: Integrating Ethnic and Gender Identities in Psychotherapy

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A long-awaited addition to the literature, this important new volume comprehensively addresses mental health issues relevant to women of color and presents guidelines for state-of-the-art treatment. Chapters illustrate the interaction of gender and ethnicity in mental health theory and practice, and discuss how cultural relevance and gender sensitivity can and must be incorporated into clinical work. The contributors are experts with extensive clinical experience with the specific groups of women they discuss, and many are themselves members of these groups, adding a unique and valuable dimension to their work. Inclusive in its approach and rich with illustrative case examples, WOMEN OF COLOR covers issues that affect both familiar and frequently overlooked groups of women.

Emphasizing the heterogeneity of women of color, the book begins with in-depth discussions of cultural imperatives relevant to the mental health treatment of African American, American Indian, Asian American, Latina/Hispanic, and East and West Indian women. The second section provides a thorough review of the major theoretical orientations to psychotherapy and their applicability to women of color. The contributors critically assess the utilization of psychodynamic, cognitive-behavioral, family systems, feminist, and integrative approaches, and provide clinical guidelines for the application of each. Focusing on clinical management that incorporates a sensitivity to ethnicity, culture and gender, chapters also discuss the psychopharmacologic treatment of women of color.

The diversity that exists among women of color is reflected in the final section's thoughtful examination of the mental health needs of such special populations as professional women, lesbians, mixed-race women, battered women, and refugee women. The stressors endured by women who are culturally stigmatized and/or institutionally disadvantaged are explored, and clear guidelines for working with these women are presented. Filling a significant gap in the literature, WOMEN OF COLOR is a major new resource for all mental health professionals, from students to seasoned practitioners. Accessibly written, it also serves as an excellent classroom text for courses in the psychology of women, women's studies, and gender studies.

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