



The Psychopathology of Everyday Racism and Sexism (Women & Therapy Series)

Lenora Fulani

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In this enlightening book, women of color eloquently and honestly articulate the impact of racism, sexism, and poverty on their personal lives and on the histories of their people. They express anger at the failure of traditional psychiatry and psychology--which tend to advocate assimilation, meaning the denial of one's cultural and historical identity--to understand the struggles and problems in their lives. The contributors to *The Psychopathology of Everyday Racism and Sexism*--who come from both inside and outside the psychological disciplines--examine newer therapies in which women are encouraged to identify and express emotional reactions to other people, racism, and abuse and to expose the humiliation they feel. These new therapeutic processes--representing a milestone in psychological theory and practice--help women of color develop their historical identity and reject socially-induced shame and degradation. The editor of this vital book is Lenora Fulani, a developmental psychologist and an active political leader. Dr. Fulani explores how a lack of power over one's life and deprivation of a sense of oneself as historical are commonly associated with psychological problems. The added stress of low social status, sexual exploitation, poverty, abuse, and drug and alcohol problems, result in an enormous sense of failure and incredible vulnerability to emotional stress. With passion and compassion, *The Psychopathology of Everyday Racism and Sexism* advocates an empowering sense of community based on the power of and love for the oppressed.

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