



# **Psychotherapy with African American Women: Innovations in Psychodynamic Perspectives and Practice**

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## Psychotherapy with African American Women: Innovations in Psychodynamic Perspectives and Practice

Focusing on the breadth of issues that affect psychotherapy with African American women, this unique volume is designed to help clinicians develop a broader understanding of what is useful and what is problematic when applying psychodynamic concepts to their clients. From an array of seasoned clinicians, chapters present innovative and creative reformulations of theory and technique that build upon and challenge existing models. Issues addressed include the psychological dilemmas confronting diverse African American women as they negotiate a society that is hostile to them on multiple levels; how ethnicity, class, gender, sexual orientation and other differences come into play within the therapeutic dyad; and approaches to unraveling the complex interplay of sociopolitical, intrapsychic, and interpersonal concerns in treatment. Filled with illustrative clinical material and pointers for practice, the volume will enhance the cultural competence of mental health practitioners and students across a range of disciplines.

Winner (Chapter 5)--Association for Women in Psychology 10th Annual Women of Color Psychologies Award

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