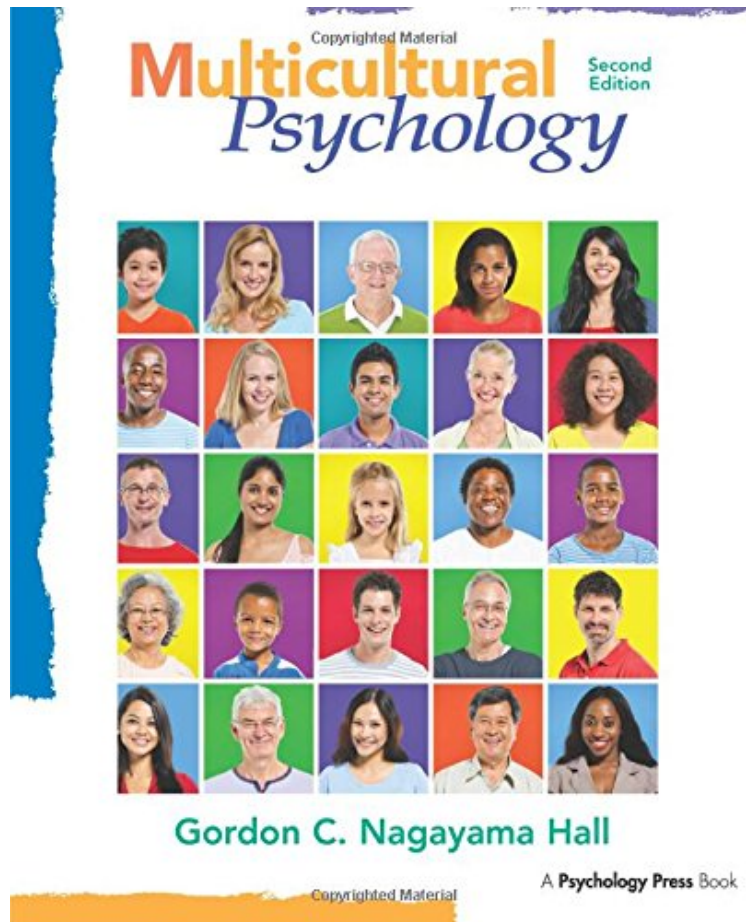


Multicultural Psychology

Gordon C. Nagayama Hall

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Gordon C. Nagayama Hall : Multicultural Psychology before purchasing it in order to gauge whether or not it would be worth my time, and all praised Multicultural Psychology:

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This text introduces student to cultural and minority status issues in psychology, and the role of multicultural issues in mainstream research. It focuses on multiple cultural groups that co-exist in the United States, and the sociopolitical

aspects of this co-existence. An emphasis on empirical research findings complements the real life relevance of multicultural psychology.

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About the Author
Gordon C. Nagayama Hall is Professor of Psychology at the University of Oregon. He received his Ph.D. in clinical psychology from Fuller Theological Seminary. Dr. Hall was previously a professor of psychology at Kent State University and the Pennsylvania State University. His research interests are in the cultural context of psychopathology. Dr. Hall is currently investigating cultural moderators of the effectiveness of treatments for depression with Asian Americans of treatments that are empirically-supported for other groups. This work is part of the Asian American Center on Disparities Research supported by the National Institute of Mental Health. Dr. Hall was President of the American Psychological Association Society for the Psychological Study of Ethnic Minority Issues (Division 45) and is the President of the Asian American Psychological Association from which he received the Distinguished Contribution Award. He is Editor of *Cultural Diversity and Ethnic Minority Psychology* and Associate Editor of the *Journal of Consulting and Clinical Psychology*. Excerpt. Reprinted by permission. All rights reserved.

American society is rapidly changing. Within 50 years, persons of color will be the majority in the United States and already compose one-third of the U.S. population. In California, persons of color are now the majority. Thus, competence in cultural issues is a necessary life skill for full participation in society during the twenty-first century. Psychology has been slow to embrace the study of multicultural issues. Cross-cultural psychology has been the primary area in which psychology has examined culture. This approach typically examines two national groups that are not in the same social context. Conversely, multicultural psychology is the study of multiple cultural groups in the same context. Cultural groups influence one another when they are in the same sociocultural context; the strength of this influence is largely dependent on the power and status that cultural groups have in society. All the cultural groups discussed in this textbook have ethnic minority status. Thus, multicultural psychology is the study not only of culture, but also of the sociopolitical issues that ethnic minority persons face in the United States. Although cross-national issues are of importance in psychology, issues of dealing with persons of multiple cultural backgrounds in the United States are more likely to affect the lives of most American students. There are several cross-cultural psychology textbooks, but very few that address multicultural psychology within a single national and sociopolitical context. This textbook is an introduction to cultural and minority status issues in psychology. The first section of the book provides a general context for multicultural issues in psychology. The section begins with an overview and definition of multicultural psychology. Traditional research methods are reviewed in the second chapter and the strengths and limitations of such methods in conducting research with women and persons of color are discussed. In the third and fourth chapters, we review how multicultural issues are addressed in biological, social, personality, and developmental psychology. The second section of the book focuses on specific issues involving women and ethnic minority groups, including African Americans, Asian Pacific Americans, Latino/a Americans, and American Indians. Issues of gender, class, and sexual orientation are integrated into the discussion of these groups. The traditional individual approach that has characterized much of Western psychology is inadequate to explain the multiple influences that impinge on persons of color in the United States. Thus, we use an ecological theoretical perspective in this book that examines individual, family, community, institutional, and societal influences on behavior. Each chapter in this section includes coverage of history, current demographics, cultural values and identity, developmental and family issues, and mental health. We review research that compares each ethnic group with European Americans and other groups in an effort to demonstrate that each of the groups covered has characteristics and experiences that are unique and unlike those of other groups. Although there are similarities between European Americans and each of the groups of color covered in this book, there are unique aspects of each group and much diversity within each group. An important feature of this text is our attempt to make it relevant to "real-life" issues. At the end of each chapter, we include an "Issues for Discussion" section that raises contemporary issues relevant to the material covered in the chapter. Another unique feature of our book is that we include biographical profiles, including personal perspectives, of some of the most prominent psychologists of color. These persons are considered leaders in multicultural psychology and represent diverse ethnic and professional backgrounds. Attempting to understand and to accurately represent the psychology of the many different groups and individuals covered in this text has been a daunting task. At various times, we have felt like outsiders trying to write about topics that are accessible only to insiders. We realize that it is difficult to accurately depict the diversity within our own Eurasian American and Filipino American groups, let alone other ethnic groups. Because this is a psychology textbook, we have primarily relied on the findings of empirical studies. However, there are many issues in multicultural psychology that have yet to be studied with an empirical approach. Moreover, there are many multicultural issues that may defy empirical study, such as traditional forms of spirituality. Many of our colleagues from many different ethnic backgrounds have been extremely helpful in reviewing drafts of this book,

including Stan Sue, Fred Leong, James Jones, Tiffany Townsend, Ndiya Nkongho, and Gia Maramba. These colleagues have provided us with an insider's perspective on many of the groups and issues we discuss. This textbook is an introduction to and an overview of multicultural psychology. Whole books and courses have been devoted to most of the individual topics covered here. A single textbook cannot comprehensively address all cultural groups and issues. The purpose of this book is to provide the reader with tools to understand sociocultural issues in psychology. It is our hope that this textbook will whet the appetite of the reader to pursue additional studies in multicultural issues.

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