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Nota di contenuto	About the Editor -- About the Contributors -- Book Body Matter -- Chapter 1: Introduction: Who Are African Americans? -- Chapter 2: Identifying Barriers and Access to Mental Health Care for African American People -- Chapter 3: Challenges Mostly Unique to African Americans -- Chapter 4: African American Mental Health: Challenges and Opportunities -- Chapter 5: Mental Health Challenges Unique to African American Children and Adolescents -- Chapter 6: Diagnosis Issues with African Americans -- Chapter 7: Culture of Family Togetherness, Emotional Resilience, and Spiritual Lifestyles Inherent in

African Americans from the Time of Slavery Until Now -- Chapter 8: The Trauma of Being an African American in the 21st Century -- Chapter 9: Training, Recruiting, and Retaining African American Mental Health Professionals -- Chapter 10: The Mental Health Needs of Some Unique Groups Among African American Populations -- Chapter 11: Roads for African Americans to Live Enhanced and Improved Mentally Healthy Lives -- Chapter 12: Solutions-Oriented Intervention Models for African American Mental Health -- Chapter 13: Practical Strategic Improvements for African American Mental Health -- Chapter 14: Treatment Strategies and Healing Related to African American Mental Health -- Book Back Matter -- Epilogue: Where Do We Go from Here? -- Index.

Sommario/riassunto

This book enumerates the unique challenges, barriers, needs, and trauma of being an African American in the United States, and at the same time highlights what needs to be done to improve and foster the mental health healing of this population. This includes practical applications and strategic solutions that work, such as the family togetherness and ardent spiritual beliefs that form the basis for resilient and vibrant mental health among African Americans. This contributed volume features the authorship of counseling professionals, most of whom are African American themselves. Because of their own personal experiences, they are able to emphasize cogent helping strategies for this population, to show how to move forward with encouragement. The book also highlights ways to promote life that is mentally healthy and holistic for African Americans. Topics covered within the chapters include: Mental Health Challenges Unique to African American Children and Adolescents Diagnosis Issues with African Americans Culture of Family Togetherness, Emotional Resilience, and Spiritual Lifestyles Inherent in African Americans from the Time of Slavery Until Now The Trauma of Being an African American in the 21st Century Training, Recruiting, and Retaining African American Mental Health Professionals African Americans and Mental Health: Practical and Strategic Solutions to Barriers, Needs, and Challenges is an essential resource for helping professionals who work with this population, including psychiatrists, counselors, psychologists, social workers, and other mental health professionals. The book also should be of interest to researchers, instructors, and students in Counseling, Social Work, and Psychology.