

1. Record Nr.	UNINA9910544664903321
Autore	DeFreitas Stacie Craft
Titolo	African American psychology : a positive psychology perspective // Stacie Craft DeFreitas
Pubbl/distr/stampa	New York, New York : , : Springer Publishing Company, , [2020] ©2020
ISBN	0-8261-5006-3
Descrizione fisica	1 online resource (362 pages)
Disciplina	155.8496073
Soggetti	African Americans - Psychology Positive psychology Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Cover -- Title -- Copyright -- Contents -- Special Contributors -- Preface -- Share: African American Psychology: A Positive Psychology Perspective Part I: Introduction to African American Psychology -- Chapter 1: Introduction to African American Psychology and Positive Psychology -- Chapter 2: Research and Theory in African American Psychology -- Chapter 3: The History of Racism and Oppression in the United States Part II: Relationships Among African Americans -- Chapter 4: Family Relationships Among African Americans -- Chapter 5: Friendships and Romantic Relationships Among African Americans -- Chapter 6: Neighborhoods and Communities Among African Americans Part III: Culture, Achievement, and Identity Among African Americans -- Chapter 7: Ethnic–Racial Socialization and Ethnic–Racial Identity in African Americans -- Chapter 8: Religion and Spirituality in African Americans -- Chapter 9: Education, Work, and Achievement in African Americans -- Chapter 10: The Psychology of Hip-Hop Part IV: Health Among African Americans -- Chapter 11: Mental Health of African Americans -- Chapter 12: Physical Health Among African Americans Part V: Change and Growth in the African American Community -- Chapter 13: African American Pro-Social Behavior and Civic

---

Sommario/riassunto

"This innovative text is the first to examine the contemporary psychological experience of African Americans through the lens of a positive, strengths-based model. It combats the deficit perspective that has permeated the psychological literature about African Americans by focusing on the strengths that have facilitated their growth and resilience—while also considering existing challenges and struggles. The author examines in depth the major areas of psychological research across family, peer, and romantic relationships, education, work, ethnic-racial socialization and identity, prosocial behavior and civic engagement, and the mental and physical health of African Americans today. With a focus on real life applications, the text includes pedagogical elements introducing topics in Current Events, Interventions in Practice, Individual Issues, African Cultural Values, and Media and Technology. Additional features include learning objectives in each chapter, discussion questions, a closing summary, an extensive trove of additional resources, and PowerPoints and a sample syllabus for instructors. Print version of book includes free, searchable, digital access to the entire contents. Key Features: Serves as the first text to examine African American psychology from a strengths-based perspective Grounded in a lifespan perspective Focuses on ethnic-racial socialization and ethnic-racial identity Addresses mental and physical health Demonstrates how communities have used strength-based techniques to achieve positive outcomes Integrate values common to Western Africa Includes learning objectives, discussion questions, closing summary, and boldfaced key terms Provides PowerPoints and a sample syllabus" -- Provided by publisher

---