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# Toward Psychologies Of Liberation (Critical Theory And Practice In Psychology And The Human Sciences)



## Synopsis

Understanding that the psychological well-being of individuals is inextricably linked to the health of their communities, environments, and cultures, the authors propose a radical interdisciplinary reorientation of psychology to create participatory and dialogical spaces for critical understanding and creative restoration.

## Book Information

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## Customer Reviews

As I write this review, I have before me an online piece of research arguing that the blink rate of political candidates correlates with whether they win an election. Election Day is three days off. After decades of involvement in the field of psychology, the disgust rising in me has a familiar sourness to it. Why are psychologists tabulating how often a conservative practitioner of flagolatry blinks, but saying nothing about his reactionary authoritarianism, his angry impulsivity, or his Nuremberg Rally style of vicious scapegoating? Is blinking all that psychologists have to tell us about the deteriorating cultural and political conditions under which we struggle to live meaningful lives?No. TOWARD PSYCHOLOGIES OF LIBERATION represents decades of collaborative work between two psychologists who have taught extensively, engaged with liberationist practitioners in Latin America even when this involved entering dangerous situations, and traveled the world to witness and help build socially engaged restorative practices and networks that address the psychological effects of poverty, genocide, environmental devastation, and other globalized catastrophes and collective

traumata too vast to fit into the therapist's office. Arguing against colonial models of the autonomous self that move health and pathology into the heads of individuals instead of tracking them in our relations with each other, Watkins and Schulman call for and describe emerging psychologies that deal with people as they really live: embedded in contexts of cultural, ecological, and political forces that frame and disrupt their lives.

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