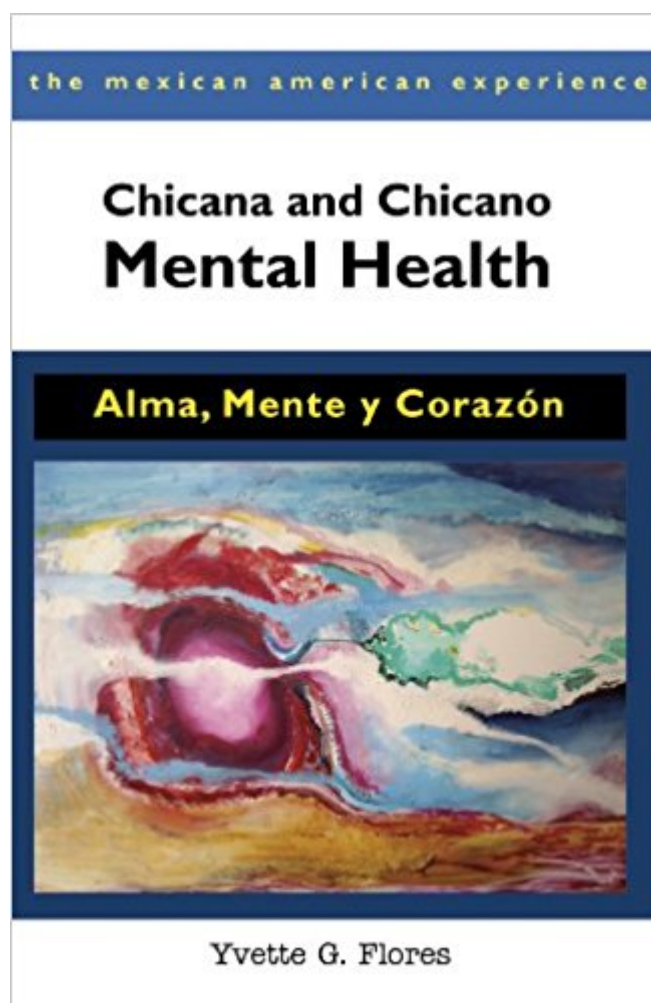


The book was found

Chicana And Chicano Mental Health: Alma, Mente Y Coraz n (The Mexican American Experience)



Synopsis

Spirit, mind, and heartâ€”in traditional Mexican health beliefs all three are inherent to maintaining psychological balance. For Mexican Americans, who are both the oldest Latina/o group in the United States as well as some of the most recent arrivals, perceptions of health and illness often reflect a dual belief system that has not always been incorporated in mental health treatments. *Chicana and Chicano Mental Health* offers a model to understand and to address the mental health challenges and service disparities affecting Mexican immigrants and Mexican Americans/Chicanos. Yvette G. Flores, who has more than thirty years of experience as a clinical psychologist, provides in-depth analysis of the major mental health challenges facing these groups: depression; anxiety disorders, including post-traumatic stress disorder; substance abuse; and intimate partner violence. Using a life-cycle perspective that incorporates indigenous health beliefs, Flores examines the mental health issues affecting children and adolescents, adult men and women, and elderly Mexican Americans. Through case studies, Flores examines the importance of understanding cultural values, class position, and the gender and sexual roles and expectations Chicanas/os negotiate, as well as the legacies of migration, transculturation, and multiculturalism. *Chicana and Chicano Mental Health* is the first book of its kind to embrace both Western and Indigenous perspectives. Ideally suited for students in psychology, social welfare, ethnic studies, and sociology, the book also provides valuable information for mental health professionals who desire a deeper understanding of the needs and strengths of the largest ethnic minority and Hispanic population group in the United States.

Book Information

Series: The Mexican American Experience

Paperback: 184 pages

Publisher: University of Arizona Press; 2 edition (May 2, 2013)

Language: English

ISBN-10: 0816529744

ISBN-13: 978-0816529742

Product Dimensions: 6.1 x 0.7 x 9.2 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #99,229 in Books (See Top 100 in Books) #74 in Books > Textbooks >

Medicine & Health Sciences > Medicine > Clinical > Mental Health #83 in Books > Politics &

Customer Reviews

One of the first books on Chicana/o mental health that incorporates both Western and Indigenous perspectives on mental health. Juana Mora, author of *The Treatment of Alcohol Dependency among Latinas: A Cultural, Feminist, and Community Perspective* The combination of indigenous and Western influences on Chicanos is used to frame mental health problems, as well as their solutions, including the role of historical trauma. Kurt C. Organista, author of *Solving Latino Psychological and Health Problems: Theory, Practice, and Populations*

Offers a clinical and research-based understanding of how Chicana/os experience and negotiate their mental health.

Fast. Good

This is one of the best resources for working with the Mexican-American population, specifically, as opposed to "Latino" in general. I used it as a resource for a graduate school paper and found that Flores has included a lot more detail and history of the Mexican-American people than most authors in the field.

[Download to continue reading...](#)

Chicana and Chicano Mental Health: Alma, Mente y Coraz3n (The Mexican American Experience)
Chicana and Chicano Art: ProtestArte (The Mexican American Experience) | Chicana Power!:
Contested Histories of Feminism in the Chicano Movement (Chicana Matters) Mestizos Come
Home!: Making and Claiming Mexican American Identity (Chicana and Chicano Visions of the
Americas Series) Easy Mexican Cookbook (Mexican Cookbook, Mexican Recipes, Mexican
Cooking 1) The Book of Archives and Other Stories from the Mora Valley, New Mexico (Chicana
and Chicano Visions of the Americas Series) House Built on Ashes: A Memoir (Chicana and
Chicano Visions of the Americas Series) Meditaci3n para cultivar un buen coraz3n (Meditation for
Relaxation): Tres meditaciones guiadas para relajar el cuerpo y la mente (Vive La Meditacion)
(Spanish Edition) Murales Rebeldes!: L.A. Chicana/Chicano Murals Under Siege El Campo de
Batalla de la Mente: Ganar la Batalla en su Mente (Spanish Edition) Becoming Mexican American:
Ethnicity, Culture, and Identity in Chicano Los Angeles, 1900-1945 Chicano! The History of the

Mexican American Civil Rights Movement (Hispanic Civil Rights) Latino Art Collection:
Tattoo-Inspired Chicano, Maya, Aztec & Mexican Styles (French Edition) COACHING MENTAL
PARA EL EXITO: Programa Correctamente Tu Mente En Tiempo R  cord y Haz Realidad Tus
Sue  os de Manera Inevitable! (Spanish Edition) ADHD: A Mental Disorder or A Mental Advantage
(2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive
Behavioral Therapy, Mental Disorders) Train Your Brain & Mental Strength : How to Train Your
Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1
Exclusive Edition) Voices in the Kitchen: Views of Food and the World from Working-Class Mexican
and Mexican American Women (Rio Grande/R  o Bravo: Borderlands Culture and Traditions)
Texas Mental Health Law: A Sourcebook for Mental Health Professionals Psychiatric Mental Health
Nursing, 5e (Psychiatric Mental Health Nursing (Fortinash)) Handbook of Forensic Mental Health
Services (International Perspectives on Forensic Mental Health)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)