



# **The American Latino: Psychodynamic Perspectives on Culture and Mental Health Issues**

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# The American Latino: Psychodynamic Perspectives on Culture and Mental Health Issues

## **The American Latino: Psychodynamic Perspectives on Culture and Mental Health Issues**

The American Latino: Psychodynamic Perspectives on Culture and Mental Health Issues focuses on the culture of the Hispanic population in the United States and replaces stereotypes with portrayals based on factual information. The scope of the material covered is vast and includes the topics of ethnic identity, gender roles, religion and spirituality, family resilience, and the joys and sufferings of leading a bicultural life. Opening with a thorough survey of Latin-American immigration to the United States and closing with an illustration-rich discourse on being a Hispanic-American psychotherapist in this country, the contributors examines with both normative and psychopathological realms. Help-seeking patterns, vulnerability of some Hispanic youth to drugs and gang-related affiliations, and the fine technical adjustments in conducting psychotherapy with individuals of this growing subpopulation are elucidated with great compassion and empathy. *The American Latino* is a shining document of the coexistence of universal similarity and cultural uniqueness of the human psyche. Reading it will enhance knowledge, enrich attunement, and sharpen therapeutic skills for working with Latin American clients.

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