Developing Cultural Humility offers a unique look into the journeys of psychologists striving towards an integration of multiculturalism in their personal and professional lives. Contributing authors—representing a mix of “cultural backgrounds” but stereotypically identified as “White”—engage in thoughtful dialogue with psychologists from underrepresented communities who are identified as established and respected individuals within the multicultural field. The contributing authors discuss both the challenges and rewards they experienced in their own journeys and how they continue to engage in the process of staying connected to their cultural identity and to being culturally responsive. In addition, psychologists who represent historically disenfranchised communities have similarly reflected on their own journey, while offering commentary to the personal stories of White psychologists.

This text is useful for stimulating discussions about privilege, power, and the impact race has on either bringing people together or creating more distance, whether intentionally or unintentionally. It demonstrates to readers how to engage in the process of examining one’s own “culture” in more intentional ways, and discusses the implications as we move towards engaging in more dialogue around multicultural issues.

KEY FEATURES

- **Contributing authors offer personal life experiences**, demonstrating to readers how important and powerful it can be to reflect on one’s own process and the positive impact it can have on reducing racial biases.
- **Psychologists of color reflect on their own journeys and processes**, offering an authentic look at their personal experiences in connecting with their White colleagues.
- **Each chapter contains recommendations** on “what to do next” in cross-cultural dialogue.
- **Reflection and discussion questions** present opportunities for class discussion and dialogue.
- **The concluding chapter** offers very practical ways to engage in more intentional cross-cultural dialogue.

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