



# **Racism and Racial Identity: Reflections on Urban Practice in Mental Health and Social Services**

*Lisa V. Blitz*

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# Racism and Racial Identity: Reflections on Urban Practice in Mental Health and Social Services

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This powerful book examines the emotional and psychological impact of racism, culture and identity within the context of racism, and racial identity in treatment. The book's contributors address the "invisible" aspects of racism (stress, abuse, and trauma), social functioning, domestic violence, and foster care, with a special focus on women and West Indian, Afro-Caribbean, and Mexican clients. Each chapter of *Racism and Racial Identity* examines a different facet of the impact of race and racism on psychotherapeutic work, emotional healing, and service delivery. The book's contributors draw from years of experience to provide a sociopolitical analysis of racism that places the social construct of race in a historical context.

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