



# Becoming Culturally Oriented: Practical Advice for Psychologists and Educators

*Nadya A. Fouad, Patricia Arredondo*

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In "Becoming Culturally Oriented: Practical Advice for Psychologists and Educators", Nadya A. Fouad and Patricia Arredondo provide a comprehensive framework for helping psychologists to increase and improve culturally responsive practice, research, and education. Research shows that racial and ethnic minorities have less access to mental health services than do Whites and are more likely to receive poor quality services. Compounding these problems is the fact that ethnic minority psychologists are poorly represented among psychologists as a whole, relative to their numbers in the general population. To address these concerns, APA has developed the Guidelines on Multicultural Education, Training, Research, and Organizational Change for Psychologists as a blueprint for psychologists pursuing their work in increasingly diverse communities. The Guidelines are written in aspirational language, but to date, an associated program for applying the guidelines has been missing. In this book, Fouad and Arredondo show how educators, practitioners, administrators, and researchers can use each of the guidelines as a basis for consciousness-raising and self-examination as well as for broadening culturally responsive practices on an organizational level. Addressing each guideline in turn, the authors provide case studies, checklists, and questions for self-examination and discussion, designed to foster planning and implementation of more culturally informed psychological services and teaching practices.

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