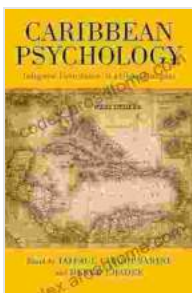


Caribbean Psychology: Indigenous Contributions to the Global Discipline

The field of psychology has traditionally been dominated by Western perspectives and theories. However, in recent years, there has been a growing recognition of the importance of indigenous psychologies, which are based on the unique cultural and historical experiences of different peoples.

Caribbean psychology is a subfield of psychology that focuses on the psychological experiences of people from the Caribbean region. Caribbean psychologists have made significant contributions to the field of psychology, including developing new theories and models of mental health and well-being that are culturally relevant to the Caribbean population.



Caribbean Psychology: Indigenous Contributions to a Global Discipline by Boye Lafayette De Mente

★★★★☆ 4.7 out of 5

Language : English
File size : 8525 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 432 pages

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Indigenous Contributions to Caribbean Psychology

There are a number of indigenous psychological concepts that have been developed in the Caribbean region. These concepts include:

- **Obeah:** Obeah is a traditional Caribbean healing practice that combines elements of African, European, and Native American spiritual traditions. Obeah practitioners are believed to have the ability to heal physical and mental illnesses, as well as to provide protection from harm.
- **Susu:** Susu is a type of rotating credit and savings association that is common in the Caribbean. Susu groups provide members with access to financial resources and support, which can help to improve their mental health and well-being.
- **Family Island:** Family Island is a concept that refers to the importance of extended family in the Caribbean. Family Island provides individuals with a sense of belonging and support, which can help to buffer against the effects of stress and adversity.

Challenges Facing Caribbean Psychology

Despite the progress that has been made in the field of Caribbean psychology, there are still a number of challenges that need to be addressed. These challenges include:

- **Lack of funding:** Caribbean psychology is a relatively new field, and there is a lack of funding for research and training in this area.
- **Stigma:** There is still a stigma associated with mental illness in the Caribbean, which can make it difficult for people to seek help for mental health problems.

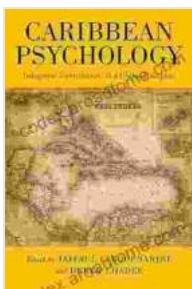
- **Lack of access to services:** There is a lack of access to mental health services in the Caribbean, especially in rural areas.

The Future of Caribbean Psychology

Despite the challenges that it faces, Caribbean psychology is a growing and vibrant field. There is a growing recognition of the importance of indigenous psychologies, and Caribbean psychologists are making significant contributions to the global discipline.

The future of Caribbean psychology is bright. With increased funding, research, and training, Caribbean psychologists will be able to continue to develop new theories and models of mental health and well-being that are culturally relevant to the Caribbean population.

Caribbean psychology is a unique and important subfield of psychology that has the potential to make significant contributions to the global discipline. By understanding the unique cultural and historical experiences of the Caribbean people, Caribbean psychologists can develop new theories and models of mental health and well-being that are culturally relevant to this population.



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