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Psychoanalytic Theory and Cultural Competence in Psychotherapy

Pratyusha Tummala-Narra

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While psychoanalytic scholars often address specific aspects of diversity such as gender, race, immigration, religion, sexual orientation, and social class, the literature lacks a set of core principles to inform and support culturally competent practice. This approachable volume responds to that pressing need. Drawing on the contributions of psychoanalytic scholars as well as multicultural and feminist psychologists, Tummala-Narra presents a theoretical framework that reflects the realities of clients' lives and addresses the complex sociocultural issues that influence their psychological health. Psychoanalytic theory proves to be particularly valuable in exploring unconscious processes, recurrent themes, and transference and counter-transference. In examining these questions, the author provides engaging case illustrations from her own clinical practice, as well as findings from her research with youth and adults of immigrant origin.

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