



# Toward Psychologies of Liberation (Critical Theory and Practice in Psychology and the Human Sciences)

By M. Watkins, H. Shulman

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Understanding that the psychological well-being of individuals is inextricably linked to the health of their communities, environments, and cultures, the authors propose a radical interdisciplinary reorientation of psychology to create participatory and dialogical spaces for critical understanding and creative restoration.

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### Editorial Review

#### Review

'This landmark book takes us on an unforgettable journey across disciplines, countries, spiritualities, and techniques to teach us twenty-first century psychologies of liberation. Authors Watkins and Shulman transform the discipline of psychology, showing us its connections to all disciplines concerned with liberating the imagination. Across international fields of difference, these authors never give up the prize: social and psychic emancipation. In doing so, they define what 'decoloniality' means for the twenty-first century.' - Chela Sandoval, Associate Professor of Liberation Philosophy, Chair, Department of Chicana and Chicano Studies, University of California, Santa Barbara, USA.

'A scholarly, heartfelt, and desperately needed re-visioning of psychology.' - Dr Craig Chalquist, JFK University, USA

'One cannot help but recommend this text with utmost enthusiasm. Although not by any means a summary of its plural subject, *Toward Psychologies of Liberation* can be read as multi-layered digest of the major psychological, philosophical, and theological roots of this movement, as well as a review of some of the major problems tackled by theorists and practitioners within the tradition. Watkins & Shulman have crafted for us a major tour de force, broad in scope and encyclopedic in nature.' - Journal of Religion and Health

'*Toward Psychologies of Liberation*' provides us with a brilliant and timely compilation, in the mode of an appreciative evaluation, of these diverse strands that might be woven into the fabric of critical and progressive social science...This is a path-breaking book, and an enormous service to our scholarly community in the extensiveness and sophistication of its coverage...It is a remarkable work which deserves widespread attention.' - Barnaby B. Barratt, Psychoanalysis, Culture and Society

'[A] carefully crafted, and in places truly inspiring, piece of work...It is my hope that Watkins and Shulman's book opens up the space for multi-perspective stories, anecdotes and reflective practice of liberatory psychology. of its successes as well as its challenges' - Subjectivity

#### About the Author

MARY WATKINS is core faculty at Pacifica Graduate Institute, USA, the author of *Waking Dreams, Invisible Guests: The Development of Imaginal Dialogues*, co-author of *Talking with Young Children about Adoption*, and co-editor of *Psychology and the Promotion of Peace*. She works with groups to promote peacebuilding and social justice, teaching dialogical and participatory methodologies.

HELENE SHULMAN has taught cultural studies, critical race theory, and depth psychologies at several universities in the United States including Sonoma State, St. Lawrence University, and Pacifica Graduate Institute. She is a community activist, Jungian analyst, and workshop leader in liberation arts and psychologies. She has written several articles and book chapters on these subjects, and a monograph, *Living at the Edge of Chaos: Complex Systems in Culture and Psyche*.

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