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Preventing Prejudice: A Guide for Counselors, Educators, and Parents

Joseph G. Ponterotto, Shawn O. Utsey, Paul B. Pedersen
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Preventing Prejudice

A Guide for Counselors, Educators, and Parents


SECOND EDITION



Joseph G. Ponterotto • Shawn O. Utsey • Paul B. Pedersen

Multicultural Aspects of Counseling and Psychotherapy Series 2
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The Second Edition of Preventing Prejudice: A Guide for Counselors, Educators, and Parents has been completely revised and expanded to provide the most up-to-date and extensive coverage of prejudice and racism available. The new edition of this bestselling text presents a comprehensive overview of these topics and also includes practical tools for combating prejudice development in children, adolescents, and adults.

An impressive, deliberate and problem-oriented Second Edition. Prejudice has no boundaries and spares no one. Preventing Prejudice offers hope and resources to all of us, counselors, educators, and parents. We are all agents of change.--Patricia Arredondo, Ed.D. (11/02/2005)Ponterotto and Pedersen's original book was a primer embraced by professionals and parents alike. It was a call to action, pressing the reader to DO SOMETHING to effect change. The Second Edition, with Utsey as a powerful third voice, is truly a new book. The field has grown, the literature has exploded, yet racial and cultural prejudice still flourish. This new book expands our awareness of the problem. The section on the history and consequences of prejudice is thought-provoking. The introduction of the Multicultural Personality builds on literature from several fields. Finally, the authors prompt the reader to apply this new-found knowledge with age-specific exercises. With this exciting edition in hand there is no excuse to not DO SOMETHING to reduce or prevent prejudice.--Sharon H. Bowman, Ph.D. (11/02/2005)"The distance between aspiring towards human affirmation on one hand, and legitimate change in the social climate of America on the other, is paved with the road called rhetoric. Like a forbidden relationship, rhetoric promises much but delivers very little. Politicians, educators, mental health professionals, and even parents use rhetoric because it protects our fragile sensibilities and disguises our prejudices, biases, and fears around issues of race, gender, class, sexual orientation, disability, and religion. Preventing Prejudice: A Guide for Counselors, Educators, and Parents, Second Edition, helps to close the gap between those two extremes, and equips us all with a valuable and precious tool for confronting the many prejudices we often find it difficult to engage, let alone admit to ourselves. Beyond rhetoric, this text is an authentic expression and plea that challenges each of us to build alliances across demographic boundaries in order to fight an insidious social disease. Drs. Ponterotto, Utsey, and Pedersen succeed in dislodging us from our comfortable categories of intellectual, emotional, behavioral, and spiritual apathy, and invites us to transcend the amount of social disappointment and despair and strive towards a more hopeful and optimistic future.--Thomas A. Parham, Ph.D. (11/02/2005)In our culturally diverse society, educational and helping service professionals have a need to understand the complex nature of prejudice and what may contribute to the prevention or maintenance of such beliefs. This book provides invaluable information on the historical and theoretical context for the development of prejudice, and offers key insights to help professionals understand counselor, educator and parental roles in the prevention of prejudice. Furthermore, professionals will find the descriptive information on exercises, measures, and other resources (e.g., books, videos/films, organizations) essential tools in their efforts to educate and sensitize others about the varied ways in which prejudice affects our lives.--Alan W. Burkard, Ph.D. (11/02/2005)Drs. Ponterotto, Utsey, and Pedersen have put together a book that has the potential to make an important impact in our world. Representing a dramatic improvement over the award-winning first edition, the authors have written a comprehensive book on prejudice prevention based on current theories and research in psychology and education. Remarkably, although reflecting the highest degrees of scholarship, this book offers easy access to a wide range of audiences including counselors, educators, administrators, and teachers. In deed, this book is a must-read for anyone who is interested in reducing prejudice and all types of -isms (e.g., racism, heterosexism, and sexism) in our world.--Bryan S. K. Kim, Ph.D. (11/02/2005)Readers of the first edition will welcome this extensively revised and expanded volume, especially the attention given to the Multicultural Personality. While retaining its foundation in racial and ethnic identity development, this work equips teachers, counselors and parents with practical skills to be deliberate and intentional in preventing prejudice. Readers with particular interest in biracial, multiracial, and gay/lesbian identity development will find this book especially helpful in addressing concerns relevant to those populations. The section on Instruments and Resources for Prejudice Prevention Work is particularly useful for professionals working in the area of prejudice prevention.--Don. C. Locke, Ed.D. 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In addition, the authors provide a rich range of resources for research and personal development including books, professional organizations, popular movies, and

films as well as selected instruments to measure critical constructs in the study and prevention of prejudice. The broad scholarly scope and applicability of this text is truly impressive--Bonnie Moradi, Ph.D. (11/02/2005)This expanded and updated version of Preventing Prejudice provides a wealth of information about the causes, manifestations, and correlates of prejudice as well as practical suggestions for activities aimed at reducing or preventing prejudice. Integrating evidence from a wide variety of sources, it is a valuable resource for both researchers and educators.--Jean S. Phinney, Ph.D. (11/02/2005)At a time in the field when everyone clamors to be included in the discussion about diversity and multiculturalism, Ponterotto, Utsey, and Pedersen bring us back to our historical roots in this book. They remind us that to participate in the discourse, discerning the nature of prejudice and racism and its psychological effects on ethnic and racial groups is at our core. 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This book is a MUST READ!--Lisa A. Suzuki, Ph.D. (11/02/2005)"The breadth of this book is remarkable, and the authors clearly took on a daunting task to pull such a considerable range of topics into one book. As an overview of simply the scope of this social issue as well as the translation of theory into practice, Preventing Prejudice is exemplary. Adding this book to the curriculum for upper level students will clearly bring these issues to the forefront."--Sherri P. Pataki"Contemporary Psychology: APA of Books" (09/26/2006)"They [the authors]have greatly expanded the examples of exercises and activities for increasing multiracial awareness and sensitivity into four chapters for elementary and middle schools, high schools, the college campus, and the wider community. 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I especially like the application to parents in working with their children around issues of racism and prejudice.--Daniel T. Sciarra, Ph.D.

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In this definitive and monumental textbook on prejudice, Ponterotto, Utsey, and Pedersen have reaffirmed their commitment to enhance their manifesto of social justice, racial equities, and human rights through proactive approaches. At the cusp of the new millennium, when problems of color and culture lines are still causing a pervasive and destructive American Dilemma resulting in interracial hate, fears, violence, and people's abuse, this book is a much needed and welcome addition to the field of helping professions. Through their 'tour de force' of prejudice and quintessential concepts of multicultural scholarship, these authors have created a compendium of tools, and a constellation of practical and concrete strategies that are designed to intervene and prevent the scourge of prejudice. In Preventing Prejudice: A Guide for Counselors, Educators, and Parents, Second Edition, the authors have presented their new ideas on how to combat and prevent prejudice through a most impressive, persuasive, and systematic manner, written with rare lucidity, grace, and stunning clarity. It also demonstrates tremendous depth, perception, and insight into the issues relating to prejudice and its multiple related problems. This second edition has been expanded to include many new constructs of paramount importance from the multicultural personality, leading models of identity development, and African-Centered Psychology. Preventing Prejudice reflects a happy blending of didactic and experiential exercises. Inclusiveness and comprehensiveness are the hallmarks of this book. It is rich in detail and in many ways it is original, profound and provocative and destined to become one of the classic books and shining stars in the galaxy of multicultural counseling. This is superb, comprehensive, and an indispensable book both for the novice and the experienced mental health professionals. It will become a desk reference for many clinicians working with multicultural populations to provide fascinating insights and enlarge their understanding about the Hydra of

Prejudice.--Daya Singh Sandhu, Ed.D. (11/02/2005) Preventing Prejudice: A Guide for Counselors, Educators, and Parents, Second Edition, is must reading for anyone who is interested in better understanding what they can do to address the complex forms of prejudice, racism, and other forms of cultural oppression that continue to exist in our contemporary society. Ponterotto, Utsey, and Pedersen have truly produced a masterpiece that highlights many practical strategies counselors, educators, and parents can do to foster a greater level of social justice and mental health in our 21st-century, culturally- and racially-diverse society. If I had to recommend one book for counselors, educators, and parents to read this year that addresses these issues, this would be it!--Michael D'Andrea (11/02/2005) An impressive, deliberate and problem-oriented Second Edition. Prejudice has no boundaries and spares no one. 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Bowman, Ph.D. 2005-11-02) Preventing Prejudice: A Guide for Counselors, Educators, and Parents, Second Edition is a unique and refreshing book that tackles two of the most interrelated and problematic issues in our society: prejudice and racism. The first edition was unanimously acclaimed as a major contribution to the field and this second edition is destined to be a classic. It represents one of the most clear, concise and honest looks at the origins, manifestations, dynamics and psychological costs of prejudice and racism written thus far. One of its major strengths is the authors' ability to relate these topics to everyday life, to speak directly to counselors, educators, and parents in meaningful ways, to ground their concepts in the research and theories of the day, and to give an uplifting message about what can be done to combat these two evils. Toward this end they provide specific suggestions and exercises that can be used by readers to combat their own biases and to help others as well. Educators wishing to help their students begin the process of confronting their own biases, parents who desire to help their children become multicultural citizens of the world, and counselors who wish to become culturally competent will find much in this book. This is truly a superb book that makes a major contribution to the field and should be read by everyone. (Derald Wing Sue, Ph.D. 2005-11-02) The distance between aspiring towards human affirmation on one hand, and legitimate change in the social climate of America on the other, is paved with the road called rhetoric. Like a forbidden relationship, rhetoric promises much but delivers very little. 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I especially like the application to parents in working with their children around issues of racism and prejudice. (Daniel T. Sciarra, Ph.D. 2005-11-02) Preventing Prejudice: A Guide for Counselors, Educators, and Parents, Second Edition, is a courageous landmark book, in which nationally and internationally known authors have taken on a daunting challenge to combat the Hydra of Prejudice that raises its ugly heads in insidious ways in many painful "-isms." In this definitive and monumental textbook on prejudice, Ponterotto, Utsey, and Pedersen have reaffirmed their commitment to enhance their manifesto of social justice, racial equities, and human rights through proactive approaches. At the cusp of the new millennium, when problems of color and culture lines are still causing a pervasive and destructive American Dilemma resulting in interracial hate, fears, violence, and people's abuse, this book is a much needed and welcome addition to the field of helping professions. Through their "tour de force" of prejudice and quintessential concepts of multicultural scholarship, these authors have created a compendium of tools, and a constellation of practical and concrete strategies that are designed to intervene and prevent the scourge of prejudice. In Preventing Prejudice: A Guide for Counselors, Educators, and Parents, Second Edition, the authors have presented their new ideas on how to combat and prevent prejudice through a most impressive, persuasive, and systematic manner, written with rare lucidity, grace, and stunning clarity. It also demonstrates tremendous depth, perception, and insight into the issues relating to prejudice and its multiple related problems. This second edition has been expanded to include many new constructs of paramount importance from the multicultural personality, leading models of identity development, and African-Centered Psychology. Preventing Prejudice reflects a happy blending of didactic and experiential exercises. Inclusiveness and comprehensiveness are the hallmarks of this book. It is rich in detail and in many ways it is original, profound and provocative and destined to become one of the classic books and shining stars in the galaxy of multicultural counseling. This is superb, comprehensive, and an indispensable book both for the novice and the experienced mental health professionals. It will become a desk reference for many clinicians working with multicultural populations to provide fascinating insights and enlarge their understanding about the Hydra of Prejudice. (Daya Singh Sandhu, Ed.D. 2005-11-02) "The breadth of this book is remarkable, and the authors clearly took on a daunting task to pull such a considerable range of topics into one book. As an overview of simply the scope of this social issue as well as the translation of theory into practice, Preventing Prejudice is exemplary. Adding this book to the curriculum for upper level students will clearly bring these issues to the forefront." (Sherri P. Pataki Contemporary Psychology: APA of Books 2006-09-26) "They [the authors] have greatly expanded the examples of exercises and activities for increasing multiracial awareness and sensitivity into four chapters for elementary and middle schools, high schools, the college campus, and the wider community. Advice for parents has also been expanded, bringing the books focus beyond the first edition's emphasis on the roles of teachers and counselors." (Reference Research Book News 2006-10-10) About the Author Joe Ponterotto is Professor and Coordinator of the Counseling Psychology Program at Fordham University's Graduate School of Education. Prior to his arrival at Fordham in 1987, he was Assistant Professor at the University of Nebraska-Lincoln. Active in APA and ACA, Joe is also the author of

numerous journal articles and books and coeditor of Sage's Handbook of Multicultural Counseling. Shawn O. Utsey, new to the author team on this edition, is the Chair of the department of African American Studies, director of the Institute for African American Mental Health Research and Training, an editor of the Journal of Black Psychology, and an associate professor at Virginia Commonwealth University and is the Editor of the Journal of Black Psychology. Paul B. Pedersen is a visiting professor in the Department of Psychology at the University of Hawaii and professor emeritus at Syracuse University. He has taught at the University of Minnesota, University of Alabama at Birmingham, and for six years at universities in Taiwan, Malaysia, and Indonesia. Pedersen was also on the summer school faculty at Harvard University, 1984-1988 and the University of Pittsburgh "semester at sea" voyage around the world, spring 1992. International experience includes numerous consulting experiences in Asia, Australia, Africa, South America and Europe, and a Senior Fulbright award teaching at National Taiwan University 1999-2000. He has authored, co-authored or edited 40 books, 99 articles, and 72 chapters on aspects of multicultural counseling and international communication. Pedersen is a fellow in Divisions 9, 17, 45 and 52 of the American Psychological Association.