

Chapter Summaries

Chapter 1: The Fundamentals of Community Psychology

Community psychology concerns the relationships of individuals with communities and societies. By integrating research with action, it seeks to understand and enhance quality of life for individuals, communities, and societies. Unlike other fields in psychology, community psychology emphasizes collaboration with community members as partners in research or action. Compared to other psychological fields, community psychology involves a shift in perspective. The focus of community psychology is not on the individual alone but on how the individual exists within a web of *contexts*—encapsulating environments and social connections. Community psychologists analyze social problems using ecological levels of analysis and encourage the application of second-order change to promote lasting change. Analyzing problems using ecological levels of analysis is critical for problem definitions and creating effective responses. For social and community issues, problems are not “solved” but changed. Every action creates new challenges, but these can be an improvement over time.

Values are important in the field. They help clarify issues and choices in research and action, facilitate questioning of dominant views of social issues, and promote understanding how cultures and communities are distinctive. Community psychology is based on eight core values: empirical grounding, a multi-level strengths-based perspective, sense of community, respect for human diversity, collective wellness, empowerment and citizen participation, collaboration, and social justice. These eight core values are interrelated and at times competing. Open, collective conversation about the role of each core value in community research and action is critical to social improvement.

Chapter 2: The Development and Practice of Community Psychology

Psychology has been influenced strongly by individualism with comparatively little attention to social context. Community psychology emerged in the U.S. in the mid-20th century, and its shift in perspective required finding new ways of “doing psychology.” Five important forces contributed to the development of community psychology: (a) a preventive perspective; (b) reforms in mental health care; (c) action research and group dynamics; (d) social change movements, such as civil rights and feminism; and (e) optimism about solving social problems. New conceptual frameworks were developed for the field: prevention, an ecological perspective, sense of community, focus on social justice, valuing human diversity, self-determination, empowerment, and multiple interventions to promote coping. Political eras and political contexts have challenged the field and provided opportunities for continuing development. Community psychology around the world has developed to address concerns in different local and national contexts. While community psychology may emphasize different approaches to creating change, it is unified in addressing injustice.

Training in community psychology includes many options for both masters and doctoral level training. These include programs in community psychology, clinical-community psychology, counseling-community psychology, social-community psychology, and interdisciplinary approaches to community research and action. Community psychologists practice in a wide array

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