

*Forthcoming March 2024*

# Psychology of Black Womanhood

Edited by Danielle Dickens and Dionne Stephens



## Advance Praise for *Psychology of Black Womanhood*:

- *Choice Reviews*, March 2, 2023 – included in a roundup of forthcoming titles in Women’s and Gender Studies: <https://www.choice360.org/choice-pick/forthcoming-womens-gender-studies-2023/>
- *Choice Reviews*, February 2, 2023 – included in a roundup of forthcoming titles in African American Studies: <https://www.choice360.org/choice-pick/forthcoming-titles-in-african-american-studies-2023/>

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**The first book of its kind – an authoritative, jargon-free, affordable, and holistic exploration of interdisciplinary psychological research on the diversity and complexity of U.S. Black girls and women’s intersectional lived experiences across the lifespan, with implications for practice in counseling, social work, education, advocacy, and policy.**

Mainstream psychology has largely overlooked Black women’s intersectional identities and related experiences. Given the current social and political climate (e.g., the Black Lives Matter Movement), understanding the experiences of Black women from a psychological perspective has become a prominent part of research and public narratives. There is currently no one textbook that provides an understanding of the sociohistorical and psychological experiences of diverse Black women. Many psychology of women books lump together the experiences of Black women rather than recognizing the differences within the group. While other psychology of women textbooks include an intersectionality lens, it still views the experiences of women from a Eurocentric perspective and minimally discusses the psychological experiences of women of color, including Black women.

This book will explain the psychological experiences of Black women in the United States in a way that is easy to understand, while discussing the intersections of Black women’s identities.

*Psychology of Black Womanhood* will benefit readers with unprecedented cultural awareness, inclusive diversity, and critical thinking relevant to this course content. Readers will benefit from the cumulative teaching experiences of the co-authors, who have succeeded as faculty at institutions classified as a historically Black college and university (HBCU), predominantly White institution (PWI), and Hispanic serving institution (HSI) campuses. With the information provided in this textbook, readers will be able to better assess fact from fiction by applying the research, writing, and communication skills prompted and encouraged throughout the book. Whether they are or are not Black, women, or psychology majors, readers will be well informed, inspired to thrive, feel empowered, and gain desirable analytic skills from reading this book.

This book is primarily designed as a course textbook for undergraduate and masters level graduate students in Psychology, Black Studies, and Women’s Studies. *Psychology of Black Womanhood* is an ideal text for courses such as Psychology of Black Women, Psychology of Women, Black Women’s Experiences, and Psychology of Women of Color, as well as interdisciplinary courses cross-listed with psychology departments. This textbook will also greatly appeal to

non-psychology departments and academic programs that focus on Black women's experiences in the United States. Scholars, employers, clinicians, and policy makers and book clubs interested in the psychology of diverse race and gender populations will also find this book to be relevant to their interests. In general, *Psychology of Black Womanhood* will speak to the psychological study of experiences of women of African descent and their experiences in the context of the United States, which will be informed by culturally relevant conceptual frameworks.

Features:

- Jargon-free, accessible, everyday language covering Black women's diverse lived experiences and ways of knowing.
- Interdisciplinary and intersectional approach appealing to sociology, counseling and social work, Black and ethnic studies, women's studies, while grounded in psychology
- Author team that brings together established scholars and includes both HBCUs and HSIs.
- Glossary of key terms
- Suggestions for further reading
- Career resources
- Instructional tools for a designed course, beyond conceptualization and practicality: sample course syllabi, lecture notes, and test banks for an in-person, asynchronous online, or synchronous online course, videos, activities, and class discussions
- Companion website for students

### **About the Editors**

**Danielle Dickens, PhD** is an associate professor of Psychology at Spelman College. She received her bachelor's degree in psychology from Spelman College, and her master's and doctorate degrees in applied social and health psychology from Colorado State University. Dr. Dickens uses an interdisciplinary approach and pulls together her knowledge and experience as an instructor and mentor around the intersectional issues of race/ethnicity, gender, age, and class in higher education and the workplace. As a Black feminist social psychologist, her research focuses on the identity development and identity formation of Black women and how they navigate the world. She utilizes qualitative and quantitative methodologies to examine the intersection of multiple identities, specifically race, gender, age, and class identities, with an emphasis on Black women, work, higher education, and STEM. Dr. Dickens is most interested in examining how Black women experience discrimination, the utilization of identity shifting as a coping strategy, and the benefits and costs of identity shifting on Black women's physical and mental health. In her second line of research, Dickens examines the social-psychological determinants of academic and career development of Black women. She is a recipient of the 2019 American Psychological Association (APA) Division 35 Mary Roth Walsh Teaching the Psychology of Women Award and the 2020 APA Division 35 Section 1 Psychology of Black Women Foremothers Mentorship Early Career Award.

**Dionne Stephens, PhD**, is a full professor of Psychology at Florida International University, with affiliated faculty member status with Latin American & Caribbean Studies Program, and Center for Women and Gender Studies. She earned her PhD in Human Development from The University of Georgia, and MS in Women's Studies from the University of Buffalo. A social justice focused health disparities scholar, Dr. Stephens is specifically interested in identifying socio-historical factors influencing racial/ ethnic minority populations' sexual health decision making processes, particularly among women. Her work centers on the intersections of cultural identities, contextual influences, and sexual decision-making outcomes, including gender based violence (GBV) and sexually transmitted infections (STIs). A strength of her research is its centering of collaborations and capacity building with community organizations across local and international settings. Dr. Stephens has been widely recognized for her research through receipt of national awards, including the American Psychological Association's (APA) Mid-Career Award for Multicultural Psychology, APA Division 35: Psychology of Black Women's Foremothers' Excellence in Mentorship Award, the National Institute for Health's (NIH) Fogarty Center Global Health Equity Scholars' Faculty Fellowship, and the National Institute for Teaching & Mentoring Faculty Mentor of the Year.

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### **Psychology of Black Womanhood**

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