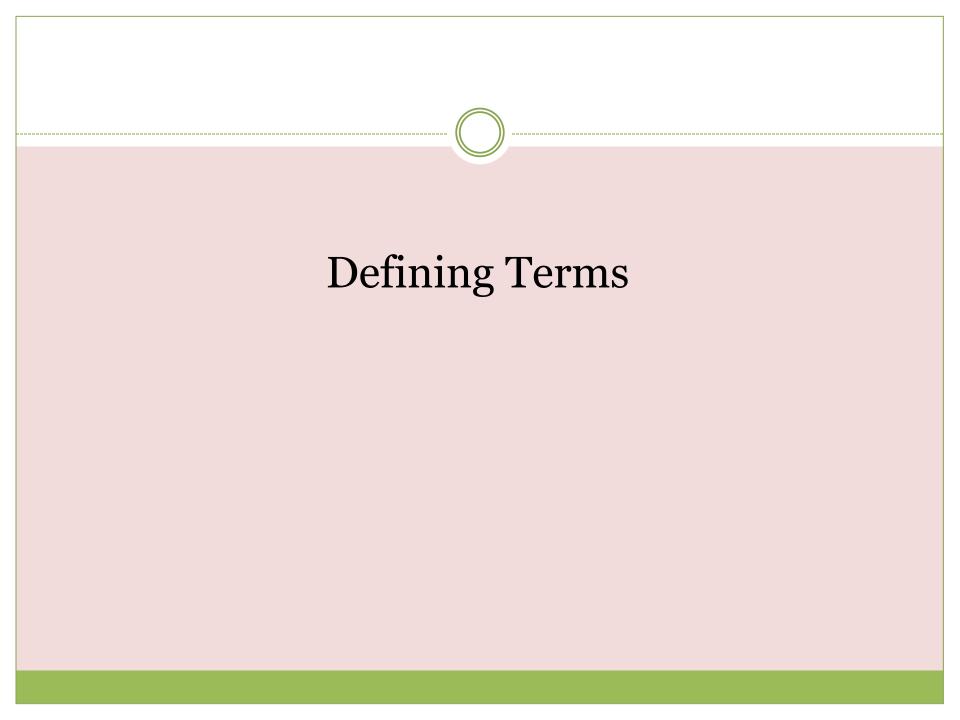
# Psychology of Oppression

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#### Culture vs Race vs Ethnicity

- Race a social category that distinguishes individual by physical characteristics
- Ethnicity social category based on unique social & cultural heritage passed from one generation to the next

#### Identity

• Ethnic Identity – degree & sentiment of the attachment to a group based on ethnicity. It can be the result of self-motivation and/or forced psychological attachment due to discrimination.

 Racial Identity – degree & sentiment of the attachment to group defined by socially constructed categories of race. Attachment due to self-motivation and/or forced due to discrimination

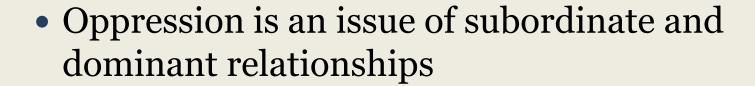
# Levels Isms

- Individual attitudes, beliefs, behaviors of a person with respect to isms
- Institutional social policies, laws, and regulations whose purpose it is to maintain economic and social advantage of group power
- Cultural Racism beliefs and customs that promote the assumptions that dominant culture(s) superior

Marilyn Frye

- Lives confined and shaped by forces & barriers that are systematically related to each other – ideology, politics, economics, social system; suffering insufficient.
- System that serves to restrict & limit one group to benefit of another group; single barrier insufficient

Patricia Hill



• Structured through institutions (purposively, accident, incidental)

- Institutional Oppression
  - Non-additive, but interlocking system
  - Not a matter of whose oppression 1<sup>st</sup> or worst

- Symbolic Oppression Widespread, societally sanctioned ideologies used to justify relationships of domination & subordination
  - Stereotypical or controlling images of diverse groups –race, ethnicity, class, gender central to this process

#### Individual Dimension

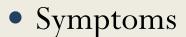
- Personal experience of diversity; meanings attached to classifications
- Differences in power & privilege constrain interactions and relationships.

Goldenberg



- Encompasses all of the isms
- Hallmarks
  - Hopelessness
  - Helplessnes
  - Survival (no forward progress)
- Experience of Marginality
  - See selves as static, limited, & expendable; spatially linked, psychologically separate

Goldenberg



- O Societal Withdrawal (substances
- O Violence (similarly or those symbolic of the oppression)
- O Alienation
- O Despair (meaninglessness of life)

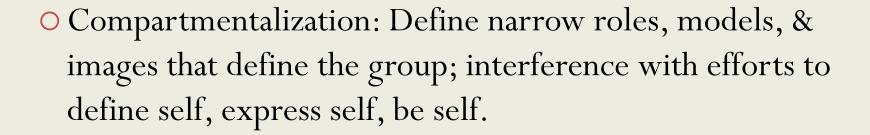
• Oppressed are exploited, taken advantage of; primarily survive – not succeed or fail.

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#### Conditions

- Containment: limits range of free movement available; psychological, physical or both
- Expendability: Can be eliminated or replaced with no loss

Goldenberg



Oldeology: shapes & controls or responses to people & events.

- Indian Removal Act of 1830
- 1871 Government made all native people wards of the federal government. Not recognized as independent and forced on to reservations.
- 1887 Dawes Act

• 1924 American Citizenship Act — Made native people American citizens.

- 1934 Indian Reorganization Act Attempted to move away from assimilation.
- Termination Act, 1953 100 tribes marked for termination.
- 1975 Self-Determination & Educational Asst. Act allocate funds from the federal government based on needs determined by the tribe.

- 1848 Treaty of Guadeloupe Hildago —Mexico lost the southwest territory in the Mexican American War. Mexicans could go to Mexico or stay in US as citizens.
- 1862 Homestead Act squatters claim vacant land often owned by Mexicans.
- 1917 Puerto Rico becomes a part of the US as a territorial possession.
- 1921 limits placed on immigration & Mexican Americans included.

- 1943 Zoot Suit Riots Southern CA, barrios raided by law enforcement.
- 1954-1958 "Operation Wetback" to remove illegal workers.

- 1849 Gold Rush- many Chinese come to CA. As they became successful anti-Chinese sentiment grew.
- 1882 Chinese Exclusion Act barred their immigration. Labeled "Yellow Peril".
- 1907 US & Japan signed the **Gentleman's Agreement** set self-imposed quotas on Japanese immigration.
- 1913 CA imposed the **Alien Land Bill** to prevent Japanese Land purchase.

- Immigration Act of 1924 designed to stop Chinese & Japanese immigration.
- Dec. 7, 1941 Pearl Harbor bombed.
- Roosevelt issues Order 9066 interning the Japanese.
- 1944 Supreme Court ruled the internment unconstitutional.
- After WWII anti-Japanese sentiment, but Chinese allowed because they were allies

- **Slavery** became a way of life in the late 17<sup>th</sup> century.
- The 1863 Emancipation of slaves.
- Late 1800's Jim Crow laws created;
- 1883 the US Supreme Court declared the **Sumner Act of 1875**, which had given African Americans equal rights to public accommodations & transportation, unconstitutional.

- Southern states ignored the 14<sup>th</sup> & 15<sup>th</sup> amendments that gave African Americans citizenship & the right to vote.
- 1896 Plessey vs. Ferguson made separate but equal the law.
- Executive Order 8802, fair unemployment practices under Roosevelt.
- Executive Order 9981 integrated the armed forces under Truman.
- 1954 Brown vs. Board of Education Topeka, KA

#### Power & Discrimination

- **First–Dimension** direct force or competition, typically with a winner-take-all perspective.
- **Second-Dimension** indirect manipulation of rules to shape the outcome of competition the power to design the rules.
- Third-Dimension the ability to mobilize, often through psychological means, biases, or tacit understandings, "to sell" the underlying rules and structures to the powerless; power to define the discourse about lifestyle, resources, etc.

(Guinier & Torres, 2002)

#### Mental Health Service Use

#### African Americans have been found to:

- O Average fewer therapy sessions,
- O Terminate from outpatient mental health services earlier (Sue, et al., 1994; Takeuchi, et al., 1995),
- o More likely to report negative attitudes toward help seeking, and
- O Less likely to use mental health services after professional contact (Diala, et al., 2000).
- O Most African Americans reportedly contacted physicians, ministers, and hospitals, while only 9% reported using psychologists, psychiatrists, or community mental health facilities (Jackson, Neighbors, & Gurin, 1986).

#### **Barriers To Service Use**

- Cultural Sensitivity
  - ➤ Participants believed therapists lacked sensitivity to the community, and knowledge of African American life & struggles

➤ Believed many treatment professionals held stereotypes of the community

#### Final Thoughts

- Power & discrimination permit constraint of access to vital resources necessary for income and wealth production.
- Absence of income production & wealth produces educational, occupational, social and health disparity.
- It is in this context that we ask people to live healthy lives.
- Following guidelines that assume equal access and opportunity.