

## Latina/o Healing Practices: Mestizo and Indigenous Perspectives



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This edited volume focuses on the role of traditional or indigenous healers, as well as the application of traditional healing practices in contemporary counseling and therapeutic modalities with Latina/o people. The book offers a broad coverage of important topics, such as traditional healer's views of mental/psychological health and well-being, the use of traditional healing techniques in contemporary psychotherapy, and herbal remedies in psychiatric practice. It also discusses common factors across traditional healing methods and contemporary psychotherapies, the importance of spirituality in counseling and everyday life, the application of indigenous healing practices with Latina/o undergraduates, indigenous techniques in working with perpetrators of domestic violence, and religious healing systems and biomedical models. The book is an important reference for anyone working within the general field of mental health practice and those seeking to understand culturally relevant practice with Latina/o populations.

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