


AFTA SpringerBriefs in Family Therapy

Gita Seshadri · Dumayi Gutierrez



**Interracial, Intercultural,
and Interfaith Couples
and Families Across
the Life Cycle**
A Clinician's Guide

AFTA
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AFTA SpringerBriefs in Family Therapy

Series Editor

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*We dedicate this book to all combinations of
Interracial, Intercultural, Interfaith Families.
We See You*

Series Foreword

The AFTA Springer Briefs in Family Therapy is an official publication of the American Family Therapy Academy. Each volume focuses on the practice and policy implications of innovative systemic research and theory in family therapy and allied fields. Our goal is to make information about families and systemic practices in societal contexts widely accessible in a reader friendly, conversational, and practical style. AFTA's core commitment to equality, social responsibility, and justice are represented in each volume.

In this volume, Gita Seshadri and Dumayi Gutierrez explore the multiple contextual levels interracial and intercultural couples navigate as they negotiate the various developmental stages of their life cycle. Using Bronfenbrenner's ecological model as a contextual framework and a social constructionist approach to what it means to create an interracial/intercultural relationship, Seshadri and Gutierrez expand beyond the problem-focused, primarily White-Black heterosexual way this topic has usually been addressed to offer an inclusive, comprehensive, strength-based lens that addresses intersections of race, culture, sexuality, gender, and religion and offers useful clinical interventions.

Recognizing that acceptance of "mixed" relationships is increasing at the same time as race itself is politically charged and divisions in societies appear to be solidifying, the authors tackle how interracial/intercultural couples respond to societal issues such as discrimination and marginalization and address privilege, fairness, and equity within their own relationships. Chapters enable readers to consider the developmental tasks and opportunities afforded to interracial/intercultural couples from attraction to retirement, with illustrative case examples reflective of their diversity.

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A Publication of the American Family Therapy Academy

Founded in 1977, the American Family Therapy Academy is a non-profit organization of leading family therapy teachers, clinicians, program directors, policymakers, researchers, and social scientists dedicated to advancing systemic thinking and practices for families in their social context.

Vision

AFTA envisions a just world by transforming social contexts that promote health, safety, and well-being of all families and communities.

Mission

AFTA's mission is developing, researching, teaching, and disseminating progressive, just family therapy and family-centered practices and policies.

Acknowledgments

Interracial, Intercultural, and Interfaith Couples and Families Across the Life Cycle: A Clinician's Guide is a guide for clinicians and educators. We utilize Bronfenbrenner's Ecological Systems model and various framework to highlight various experiences and sociocultural influences that these relationships face throughout their lifetime. As authors, we highlight historical and recent research regarding these relationships and provide various clinical examples throughout.

We are truly grateful for the mentorship of Carmen Knudson-Martin, the Series Editor of AFTA Spring Briefs in Family Therapy, and the opportunity to come together to create this book. Through her advice, constructive feedback, and warmth, we developed a strong foundation to this book and grew exponentially as authors alongside it.

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Dumayi: To my wife, you're my rock and I wouldn't be an accomplished scholar, professor, therapist, and mother without you. To my daughters, everyday my work is dedicated to you, to contribute to building a world of justice, equity, and inclusion so you may thrive as you desire. To my parents, siblings, and abuela, thank you for your love. Without our bond, I wouldn't be the professional I am today. Lastly, to my fantastic co-author Gita, I thank you for asking me to be part of this journey. I

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