

Faculti Summary

<https://faculti.net/dr-janet-e-helms-envisioning-and-creating-a-more-humane-psychological-science-theory-and-practice/>

This video video discusses the contributions of Janet Helms, a notable psychologist recognized for her work on racial identity development and systemic racism. It highlights her involvement in a special issue initiated by the American Psychological Association focusing on racial equity and the contributions of Black scholars. Helms, who has a long-standing academic career, particularly emphasizes the strengths of people of color and the formation of positive racial identities despite societal oppression.

Her research has created frameworks for understanding both the identity development of people of color and white individuals, enriching the conversation about race relations and racism. Helms' theories move away from deficit-based views that compare racial groups and instead promote an understanding of lived experiences as influential to various psychological outcomes.

Helms has initiated significant projects, including the Institute for the Study and Promotion of Race and Culture and the Diversity Challenge conference, which focused on race and culture. She has provided expert testimony regarding racial issues and education, making her work widely cited and influential. This video video illustrates the lasting impact of her scholarship and how it serves as a foundation for ongoing research in psychology, particularly in relation to racial equity and identity.