

Faculti Summary

<https://faculti.net/intersectionality-a-critical-framework-for-mainstream-health-psychology/>

The speaker discusses the limitations of health psychology, which typically focuses on individual-level factors, neglecting the broader structural issues that influence health outcomes. They emphasize that understanding health requires acknowledging systemic inequalities, such as racism and sexism, and using frameworks like intersectionality to address these issues.

Intersectionality disrupts the traditional "single axis" approach in psychology by underscoring how various identities and power dynamics intersect to affect individuals' health. The speaker argues that mainstream psychology often overlooks the experiences and knowledge of marginalized groups, which can lead to a narrow understanding of health and wellness.

Furthermore, the speaker highlights the philosophical differences between traditional psychology—rooted in positivist frameworks—and critical frameworks centered on social justice and intersectionality. They note a growing backlash against critical race theory and similar frameworks in the U.S., which complicates the progress of research in these areas.

Ultimately, the speaker sees promise in the application of intersectionality to challenge established knowledge and promote a more inclusive understanding of health. They express hope that advocates will continue to advance this work despite the challenges, bringing excitement to the interplay of activism and research in health psychology.