



**Indigenous Healing Psychology**  
Honoring the Wisdom of the First Peoples

**Richard Katz, Ph.D.**  
ISBN: 9781620552674, December 2017  
Also available as an ebook  
Paperback: \$29.95, 480 pages, 6 x 9  
6 b&w maps  
Imprint: Healing Arts Press

Contact:  
Ashley Kolesnik, Publicity Associate  
ashleyk@innertraditions.com  
802.767.3174 x141

**NEW BOOK ANNOUNCEMENT**

**Praise for *Indigenous Healing Psychology***

"A remarkable culmination of Katz's invaluable life-long work with Indigenous healers, *Indigenous Healing Psychology* is a brilliant, groundbreaking work connecting psychology to its roots so it can more truly become a force for healing and social change. A genuine invitation to a breathtaking journey that is a rare treasure. Just what psychology so desperately needs."

Joan Borysenko, Ph.D., New York Times bestselling author of *Minding the Body*,  
*Mending the Mind*

"A deeply honest book showing the greatest respect for Indigenous knowledge. You can see how our traditional Anishnabe teachings can offer a path to healing psychology. *Indigenous Healing Psychology* shows how psychology can finally begin to heal our people."

Danny Musqua, Anishnabe Elder, Keeseekoose First Nation

"Katz shares his extraordinary journey through world cultures and methods for inner and community work. Psychology will only be the better for encompassing such powerful Indigenous wisdom. This book is a mind-expanding gift to the reader, a well-researched offering to psychology, and a force for good."

Daniel Goleman, Ph.D., author of *Emotional Intelligence*

"Katz convincingly argues that the inclusion of Indigenous spiritual worldviews in mental health intervention and treatment will produce better client outcomes and better relationships among people no matter where they live. He offers the reader a profound challenge that is supported with Indigenous ways of knowing and living. His long-awaited book is beautifully crafted, clearly written, convincing, and logically organized—complete with a wealth of thought-provoking material written in a confident, authoritative voice. Anyone who carefully and thoughtfully studies these pages will come out a richer, well-informed person who will view spirit, the sacred, place, and connectedness through a discerning lens."

Joseph E. Timble, Ph.D., distinguished professor of psychology at Western Washington University

"*Indigenous Healing Psychology* presents a powerful and inspirational pedagogy into Western and Indigenous healing traditions; it offers valuable guideposts to ways we can all transform ourselves to meet the challenges of our fast-changing world."

Harvey Knight, Indigenous cultural advisor to the Regional Psychiatric Centre, Saskatoon

“Katz journeys into the heart of what psychology is and what it can be. He exposes the Western myopia that limits the espoused goal of psychology, i.e. understanding the human experience of mind, body, and our relationship to the world. His personal experiences of navigating formal psychology and his subsequent lessons learned from traditional healers point to the ignored facets of spirituality, humanism, culture, and community that cannot be separated from a truly holistic human psychology and healing.”

Dennis Norman, Ed.D., ABPP, faculty chair of the Harvard University Native American Program and senior psychologist at Massachusetts General Hospital

"This book is a must-read for all students of indigenous psychology. It teaches all the essentials. Consistent with the experiential focus of the wisdom tradition, Katz does not preach, he tells what he knows experientially. The reader is invited to join him on a personal journey that took him from the lecture halls of Harvard to paths in search of the healing wisdom of the Indigenous peoples. This account of Katz is testimonial to the possibility that doing research in Indigenous psychology is a spiritual journey that can be profoundly fulfilling and transformative for the reader as well."

Louise Sundararajan, Ph.D., Ed.D., fellow of the American Psychological Association, founder and chair of the Task Force on Indigenous Psychology

"In this engaging and excellent book, Katz gives the reader a foundation for understanding the quality and depth of Indigenous healing. He has learned from the elders to do it in the best possible way: by telling stories that illuminate complex concepts and make them relatable and usable."

Melinda A. García, Ph.D., author of *Society of Indian Psychologists' Commentary on the American Psychological Association Code of Ethics*

"*Indigenous Healing Psychology* is a powerful, provocative, and enlivening book that, through Katz's expansive and inspiring voice, offers psychology just what it needs to hear in order to fulfill its promise to be truly healing and equitable. I know from my own work as a psychologist and counselor that people are searching for precisely what *Indigenous Healing Psychology* offers. Celebrating diversity in all its myriad manifestations, this is a bold and exhilarating book."

Niti Seth, Ed.D., academic counselor at the Harvard University Bureau of Study Counsel and dean of the Graduate School of Psychology and Counseling at Cambridge College

"*Indigenous Healing Psychology* is a fascinating look at the world of psychology as a discipline in need of healing. Katz traces the evolution of his encounters with some of the giants of psychology at Harvard as well as honored Indigenous healers in other cultures. This book is a major contribution to revisioning mainstream psychology by returning it to its fundamental commitments to diversity, cultural meanings, human potential, and social justice."

Stephen Murphy-Shigematsu, cofounder of the LifeWorks program of integrative learning at Stanford University