



# **Self-Help and Mutual Aid Groups: International and Multicultural Perspectives (Prevention in Human Services)**

*Francine Lavoie, Benjamin Gidron*

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Here is new information on the development of international and intercultural research on self-help groups. This book reflects the many developments which have occurred in the field over the past decade, emphasizing empirical research. Self-Help and Mutual Aid Groups provides specific research findings and honed concepts to help health professionals learn more about self-help groups and work effectively with such groups. More countries and ethnic groups are now involved in the self-help movement, and this volume increases knowledge of how different cultures react to and participate in self-help mutual aid and how self-help groups can be adapted to fit different racial or ethnic populations. Self-Help and Mutual Aid Groups explores the definition of self-help, the centrality of culture as a major factor explaining variability in self-help, the development of appropriate methodological tools, and the role and involvement of professionals. It brings together different traditions of research for the study of cross- and intercultural and inter- and intraorganizational aspects of self-help groups. Contributors who represent various disciplines, including psychology, sociology, social work, and nursing, discuss:

- a paradigm for research in self-help
  - the development of self-help groups in Japan, Hong Kong, and the former East Germany
  - the participation of blacks in Alcoholics Anonymous
  - the participation of Mexican Americans in groups for parents of the mentally ill
  - relationships between self-help groups and health professionals
  - predictors of burnout in self-help group leaders
  - characteristics of effective groups
  - ways individuals change their world view through self-help participation
- Self-Help and Mutual Aid Groups is an informative and helpful resource for self-help researchers and teachers, students, and professionals who want to be more effective in their work with self-help groups across cultural and national lines.

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