

# CONTENTS

<b>Figures, Tables, and Exhibits</b>	<b>xi</b>
<b>Special Features</b>	<b>xiii</b>
<b>Preface</b>	<b>xvii</b>
<i>Medical Anthropology's Perspectives</i>	<i>xvii</i>
<i>Chapter Overviews</i>	<i>xix</i>
<i>Special Features of the Text</i>	<i>xxiii</i>
<b>Dedication</b>	<b>xxvi</b>
<b>The Author</b>	<b>xxvii</b>
<b>Acknowledgments</b>	<b>xxix</b>
<b>ONE APPLIED MEDICAL ANTHROPOLOGY AND HEALTH CARE</b>	<b>1</b>
Culture and Health	2
Culture, Ethnomedicines, and Biomedicine	5
Ethnomedicines as Subcultures	
Cultural Competence in the Health Professions	8
Areas of Applied Medical Anthropology	
Concepts of Health	13
What Is Health?	
Systems Approaches to Health	18
Biopsychosocial Model of Health • Cultural Systems Models • Sociocultural Theories of Disease	
Chapter Summary	25
<b>TWO DISEASE, ILLNESS, SICKNESS, AND THE SICK ROLE</b>	<b>35</b>
Experience of Maladies	36
Biomedical Assumptions About Disease	38
Biological and Cultural Aspects of Disease • Deviation from Normal Biological Functioning • Assumption of Generic Disease • Doctrine of Specific Etiology • Scientific Presumptions of Medicine	

Social Models of Maladies and Diagnoses	54
Social Construction of Disease • Diagnoses as Construction	
Illness and Sickness Accounts	60
Illness Narratives	
The Sick Role and Sickness Career	65
Expansion of the Sick Role • Sequences in Sickness Experiences • Sickness Career	
AIDS as Disease, Sickness, and Illness	70
AIDS as Disease • AIDS as Sickness • AIDS as Illness • Political and Economic Aspects of AIDS Treatment	
Health Beliefs and Explanatory Models	74
Clinical Adaptations to Illness • Health Beliefs Model • Explanatory Model	
Chapter Summary	79
<b>THREE CULTURAL COMPETENCE IN HEALTH CARE</b>	<b>83</b>
Cross-Cultural Adaptations in Health Care	84
Cultural Competence	86
Levels of Cross-Cultural Competence • Organizational Cultural Competence	
Anthropological Perspectives on Cross-Cultural Adaptation	92
Concepts of Culture	92
Effective Cross-Cultural Adaptations	
Interpersonal Skills for Intercultural Relations	95
Language Barriers • Listening and Attending • Behavioral and Social Relations • Cultural Communication Style	
Specialty Cross-Cultural Applications of Medical Anthropology	98
Cross-Cultural Training and Mediation • Researcher • Community Advocacy and Empowerment • Applications in Public Health Prevention Programs • Administrative and Organizational Change • Clinically Applied Anthropology	
Using Culture to Care for Patients and Providers	109
Patient-Provider Relationship Building • Cultural Effects on Care • Using Culture to Care for Biomedical Practitioners	
Chapter Summary	117
<b>FOUR CULTURAL SYSTEMS MODELS</b>	<b>121</b>
Cultural Models for Health Assessment	122
Cultural Systems Approaches to Health	124
Cultural Infrastructure, Structure, and Superstructure	126

Infrastructure	127
Diet and Nutrition • Sex, Conception, and Pregnancy	
Family Influences on Health and Development	136
Gender and Health • Family Roles in Care and Therapy	
Understanding Worldview and Symbolic Resources	139
Religion as an Ideological Cultural Resource • Curing, Healing, and Care • Culture Care • Witch-Doctor's Legacy	
Community Health Assessment	147
Implementing Model Standards • Evaluating Community Health • Formative Evaluation • Process Evaluations • Outcome Evaluations	
Rapid Assessment, Response, and Evaluation (RARE)	153
RARE Sequences • RARE Community Teams • RARE Assessment Modules	
Chapter Summary	160
<b>FIVE ETHNOMEDICAL SYSTEMS AND HEALTH CARE SECTORS</b>	<b>163</b>
Popular, Folk, and Professional Health Care Sectors	164
Popular-Sector Health Resources	167
Culture and Symptoms • Culture, Ethnicity, and Pain Responses • Cultural Conceptions of the Body	
Folk Sectors and Ethnomedicines	176
Alternative Medicine Use in North America • Unconventional Medicine in the United States • Appeal of Alternative Medicine • Evaluating Biomedicine and Alternative Medicine • Complementary or Alternative Medicine? • Cultural Expropriation and Indigenous Property Rights	
Professional Healers	193
Cultures of Biomedicine • Nursing, Biomedicine, and Anthropology	
Chapter Summary	199
<b>SIX TRANSCULTURAL PSYCHIATRY AND INDIGENOUS PSYCHOLOGY</b>	<b>203</b>
Culture and Personality	204
Cultural Concepts of Normalcy and Abnormalcy	206
Labeling Theory of Deviance • Culture and Personality Disorders	
Personality and Self in Indigenous Psychology	210
Personality and Indigenous Psychology • Self: Status and Roles	

Possession in Clinical and Cross-Cultural Perspectives	216
Possession and Dissociative Disorders • Multiple Personality or Dissociative Identity Disorders • Possession as Normal Behavior	
Biocultural Approaches to Indigenous Psychology	220
Culture's Developmental Effects on Brain Plasticity • Psychocultural Adaptations to Universal Biological Features • Ethnic Identity • Psychocultural Model of Human Development	
Ethnomedical Theories of Illness	228
Culture-Bound Syndromes • Biobehavioral Perspective on Ethnomedical Syndromes	
Cross-Cultural Ethnomedical Syndromes	236
Natural Disease Causation • Personalistic Theories of Supernatural Causation	
Chapter Summary	244
<b>SEVEN MEDICAL-ECOLOGICAL APPROACHES TO HEALTH</b>	<b>249</b>
Medical Ecology and Disease	250
Evolutionary Adaptations and Health	253
Environment in Adaptation and Natural Selection	
Genetic, Individual, and Cultural Adaptations to the Environment	255
Natural Selection and Adaptation in Disease and Health • Nutrition in an Evolutionary and Cultural Perspective • Individual Physiological Adaptations • Cultural Adaptations and Health • Disease in Ecological Context	
Epidemiology of Disease	267
Measuring Disease • Identifying Causes of Disease • Cultural Systems Approaches in Epidemiology	
Racial and Ethnic Categories and Health	273
Racial Categories as Cultural Concepts • Skin Coloration as Ecological Adaptation • Rejecting the Race Concept	
Triune Brain Structures and Functions	279
Ancient Brains and Health	
Evolution of the Sickness-and-Healing Responses	282
Shamanism as an Evolved Healing Response • Foundations for Innate Healing Capacities	
Emotions in Biocultural Perspective	285
Human Emotions: Universal or Culturally Specific? • Evolutionary and Physiological Perspectives • Constructionist Perspectives and Biocultural Correctives • Cultural Production of Emotions	
Chapter Summary	292

<b>EIGHT</b>	<b>POLITICAL ECONOMY AND CRITICAL MEDICAL ANTHROPOLOGY</b>	<b>295</b>
	Political Economy Approaches to Health	296
	Critical Medical Anthropology	299
	Biomedicine as Capitalist Medicine • The Pharmaceutical Industry and Disease Production • Biomedical Science as Cultural and Political Activity	
	Social Conditions as Causes of Disease and Health	306
	Economic Status as a Cause of Poor Health • Individual Versus Social Interventions to Promote Health	
	Social Networks and Support	312
	Social Networks, Social Support, and Mortality • Social Influences on Health	
	Macrolevel Social Effects on Clinical Health	315
	Drinking Problems from a Critical Medical Anthropology Perspective • The “War on Drugs” Versus the Medical Marijuana Movement	
	Changing Health Through Public Policy and Community Involvement	324
	Community Health Development • Advocacy for Health Improvement • Public Policy and Coalition Development • Coalition-Building Processes	
	Chapter Summary	333
<b>NINE</b>	<b>PSYCHOBIOLOGICAL DYNAMICS OF HEALTH</b>	<b>337</b>
	Cultural Healing	338
	Religion, Ritual, and Symbolic Healing	342
	Medicine’s Symbolic Reality • Biosocialization • Ritual as Technical Activity • Religion’s Effects on Health • Meaning as a Mechanism of Religious Healing	
	Stress Response	352
	Anatomical Basis of Stress • General Adaptation Syndrome	
	Placebos and Placebo Effects	356
	Placebos Versus Nocebos • History of the Placebo Effect • What Placebos Affect • Placebos and Total Drug Effects • Total Drug Effects in the Social Dynamics of Psychedelics • Cultural Effects on Drug Dependence and Addiction • Theories of Placebo Mechanisms • Information and Meaning as Placebo Mechanisms	
	Psychoneuroimmunology	372
	Self • Body and Embodiment • Mimesis • Social Context • Emotional Empathy and Contagion • Elicitation of Psychoneuroimmunological Responses	
	Metaphoric Processes in Symbolic Healing	377
	Chapter Summary	381

<b>TEN</b>	<b>THE SHAMANIC PARADIGM OF ETHNOMEDICINE</b>	<b>385</b>
	What Is Shamanism?	386
	Ecstasy, Spirit World, and Community • Shamanism as a Cross-Cultural Phenomenon	
	The Integrative Mode of Consciousness	392
	ASCs in the Integrative Mode of Consciousness • A Physiological Model • Dreams and Shamanic Consciousness • Functions of Shamanic ASCs	
	Neuronostic Structures	401
	Animism: Spirits as Self and Other • Visionary Experiences and Healing • Shamanic Flight as a Body-Based Experience • Shamanic Initiatory Crisis: Death and Rebirth	
	Bases for Shamanistic Therapies	409
	Physiological Basis of Shamanistic Therapies • Opioid Release and Emotional Healing Through Community Bonding • Spirit Relations and Self	
	Shamanic Roots in Contemporary Religious Experiences and Healing	417
	Contemporary Religious Experiences • Shamanic Techniques in Contemporary Psychotherapy • ASC Therapy for Drug Rehabilitation • “Drumming Out Drugs”	
	Chapter Summary	426
	<b>GLOSSARY</b>	<b>429</b>
	<b>REFERENCES</b>	<b>437</b>
	<b>NAME INDEX</b>	<b>461</b>
	<b>SUBJECT INDEX</b>	<b>465</b>