

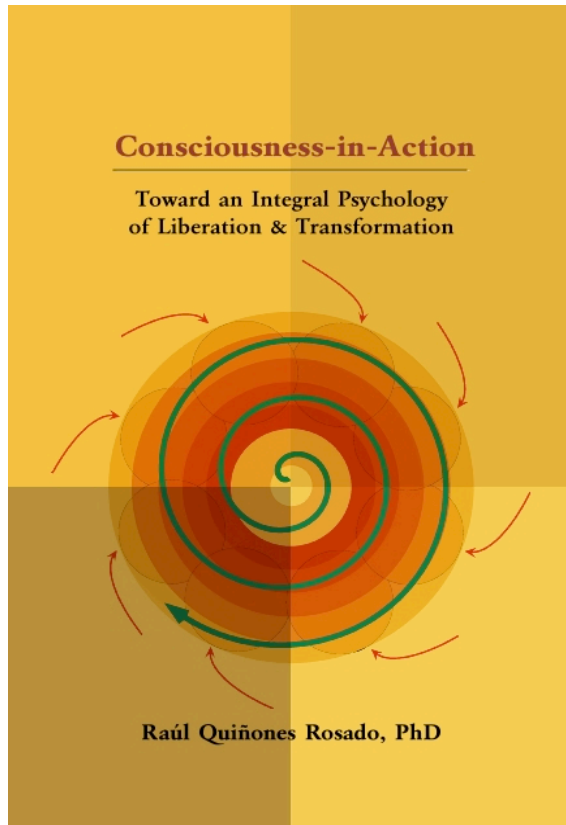
Consciousness-in-Action

Toward an Integral Psychology of Liberation & Transformation

Raúl Quiñones Rosado, PhD

ilé|Publications

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Consciousness-in-Action describes an approach to personal and social change in the context of oppression – society’s major hindrance to well-being and development. Drawing from psychology, sociology, social and integral theories, and over thirty years of contemplative practice and work in communities-of-struggle, this book proposes an integral framework for human well-being and development, a psychosocial analysis of the impact of identity-based power, and a liberatory-transformative praxis for transcending internalized superiority and inferiority rooted in racism, sexism, Eurocentrism, classism, and other forms of institutional oppression.

Consciousness-in-Action offers an alternative to prevailing dichotomous thinking and fragmented approaches aimed at personal or societal change which lack a larger, integral view of the whole and its dynamic nature. In so doing, the book emphasizes the impact of multiple, simultaneous oppressions on the integral development of persons, communities and societies, while it also asserts the vital role of social group identity development and other psycho-spiritual developmental processes on the path to liberation and transformation.

This book also describes principles and practices that guide the anti-oppression work of ilé, inc., a 15-year-old organization committed to Latino/a leadership development and community organizing. *Consciousness-in-Action* will be found useful to community organizers, social and spiritual activists, social justice educators, helping professionals, organizational leaders, as well as students, academics, and others interested in liberation from oppression and the transformation of our society.

Author **Raúl Quiñones Rosado, PhD**, works within various communities-of-struggle in Puerto Rico and the United States to support those committed to personal change and social transformation. Co-founder and former co-director of ilé, inc., he currently directs c-Integral, a core service of ilé, through which he teaches, guides and trains others in the principles and practices of *consciousness-in-action*.

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