

The background features abstract, overlapping geometric shapes in various shades of pink and purple, creating a modern and dynamic visual effect.

# Strategies for Improving Black Male/Female Relationships

A Culturally Responsive Approach

# Status of Black Marriage and Divorce

- The African American community represents the lowest percentage of married couples (32%), compared to Whites (54%), and Hispanics (46%).
  - African American individuals are far more likely than Whites and Hispanics to be divorced (in 2007, 11% of Blacks were divorced, versus 10% respectively for Whites and 7% for Hispanics).
  - Single-headed families are far more likely in Black homes than in all other groups' homes (60%) By contrast, Whites (20%), and Hispanics (26%) have lower percentages of single headed families.
  - More than 70% of African-American children are born out of wedlock. The majority of those children born out of wedlock are raised by single mothers.
- (National Healthy Marriage Resource Center, 2009)

# Black Family Structure Past and Present

- ▶ The Study of Black Family Structure
- ▶ Black Female-Headed Households
- ▶ Political Economy and Black Families
- ▶ The Role of the Family

# The Case of Betty & Bob

- ▶ See Vignette
- ▶ Please identify the issues that affect this couple.
- ▶ What are some of the barriers that prevent them from having a healthy male/female relationship?

# Factors that Positively Impact the Quality of Black Couple's Love Relationships

- ▶ Effective Communication
- ▶ Adequate financial resources
- ▶ Emotional Intelligence
- ▶ Kindness, Acceptance, Compassion, and Empathy
- ▶ Warmth, Affection, Connection, Laughter and fun
- ▶ Compatibility
- ▶ Commitment
- ▶ Spiritual Maturity

# Factors that Negatively Impact the Quality of Black couple's relationships

- ▶ Ineffective Communication Strategies
- ▶ Finances
- ▶ Different Gender Role Expectations
- ▶ History of Trauma
- ▶ Cultural Differences
- ▶ Lack of Mental/physical/spiritual Health

# Barriers that make it Difficult for Black Couples to Repair their Love Relationships

- ▶ Individual Responsibility
- ▶ Help seeking Attitudes, Beliefs, and Behaviors
- ▶ Cultural Differences
- ▶ Poor role models
- ▶ Infidelity
- ▶ Unresolved issues from the past

# The Case of Betty and Bob

- ▶ See Vignette
- ▶ Please discuss some of the strategies you would use to help to strengthen this couple's relationship?



# Culturally Responsive Strategies for Improving the Quality of Black Male/Female Relationships

- ▶ Understanding the Historical Perspective
- ▶ Emotional Intelligence
- ▶ Cognitive Restructuring
- ▶ Creating a New Narrative
- ▶ The Power of Forgiveness
- ▶ Individual Personal growth and development



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Dr. Gloria Morrow is a clinical psychologist, author, and speaker with national prominence who specializes in treating those suffering with clinical disorders, such as depression and anxiety. She does extensive work with couples in her practice and at marriage and couple's retreats, seminars, and workshops. Dr. Gloria also works in the area of cultural competency and spirituality as it relates to mental health. She has been cited in a variety of newspapers and magazines, including, "Psychology Today," "Jet," "Essence," "Woman's Day," and "Black Enterprise," and has authored books such as: "Too Broken to be Fixed? A Spiritual Guide to Inner Healing," "Keeping it Real! 7 Steps Towards a Healthier You," "Strengthening the Ties That Bind: A Guide to a Healthy Marriage," "Create Your Blueprint for Good Success," and "The Things that Make Men Cry." Dr. Gloria is a Master Trainer for the CBMCS (California Brief Multicultural Competency Scale) Training Program which is designed to help mental health professionals to become more culturally responsive to the needs of diverse populations. She also helped to develop the training curriculum for the CBMCS, created the train the trainer program. Dr. Gloria is the principal author of a spirituality toolkit for wellness centers in the State of California entitled: "Recovery Begins with Hope: A Mental Health & Spirituality Toolkit," sponsored by the Mental Health & Spirituality Initiative, Center for Multicultural Development, California Institute of Mental Health. She recently wrote the "S.A.F.E. Spirituality Training Handbook," curriculum for S.A.F.E. Spirituality Training Program that focuses on the role of spirituality and faith in the lives of those suffering with a mental illness. S.A.F.E. is specifically designed for mental health professionals and faith leaders. Dr. Gloria has been interviewed on a variety of radio talk shows, and has appeared as an expert on CNN on several occasions. She has received numerous awards and commendations, and presented the results of her work in Cape Town, South Africa. Dr. Gloria speaks at churches all across the country to eliminate stigma and shame, and she facilitates town hall meetings and discussion groups to lead the faith community, mental health professionals, and the community at large in celebrating what is currently being done in faith communities to address the mental health needs of people of faith, to identify the barriers, and to develop strategies to assist with those ongoing efforts.