Trust the process: community health psychology after occupy.

Abstract

This article argues that community health psychology’s core strategy of ‘community mobilisation’ is in need of renewal and proposes a new way of conceptualising community health action. Taking the Occupy movement as an example, we critique modernist understandings of community mobilisation, which are based on instrumental action in the service of a predetermined goal. Aiming to re-invigorate the ‘process’ tradition of community health psychology, we explore possibilities of an open-ended, anti-hierarchical and inclusive mode of community action, which we label ‘trusting the process’. The gains to be made are unpredictable, but we suggest that the risk is worth taking.