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Seeking the Sakhu: Foundational Writings for an African Psychology. A complete discussion of the history and principles of African-centered psychology, this work explores the development of the African American mindset in society and reveals the thought processes of the African mind in America.

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A complete discussion of the history and principles of African-centered psychology, this work explores the development of the African American mindset in society and reveals the thought processes of the African mind in America. Using a new approach that decries the various negative influences upon African Americans and their families, this treatise proposes a method that reclaims and restores the mind and spirit of African Americans.

First published in 2004. Routledge is an imprint of Taylor & Francis, an informa company.

Black men need hope to survive and, ultimately, flourish. As mental health is a critical but often neglected issue, especially among Black men, *Care for the Mental and Spiritual Health of Black Men* examines that sensitive topic in conjunction with reflections on race, gender, sexuality, and class to offer a hopeful and constructive framework for care and counseling, particularly for Black men. These are not separate from spiritual health and growth, as well, but both are integral to holistic, dynamic wellbeing. In this, the author provides a careful and critical analysis of spiritual hope and healing as ingredient to individual and communal flourishing. As such, this volume will be a vital resource for health practitioners, spiritual caregivers, and providers in community care who serve to bolster the mental wellbeing of Black men.

Through stories (including their own), interviews, and analysis of the most recent data available, Dr. Alvin Poussaint and journalist Amy Alexander offer a groundbreaking look at 'posttraumatic slavery syndrome,' the unique physical and emotional perils for black people that are the legacy of slavery and persistent racism. They examine the historical, cultural, and social factors that make many blacks reluctant to seek health care, and cite ways that everyone from the layperson to the health care provider can help.

A key supplement for courses on multicultural counseling, this book is a practical volume that will help faculty and students see demonstrations of multicultural counseling in practice. The text covers evidence-based practices for working with five major ethnic groups, while weaving in other factors such as gender, disability, sexuality, and more. Each chapter has two case studies by an invited expert who also provides commentary and lessons drawing upon each case.

For courses in Introduction to Psychology, African American Psychology, African American Studies, Multicultural Counseling and Cross Cultural Counseling and Psychotherapy. This text highlights the limitations of traditional psychological theories and approaches when applied to people of African descent. It provides information on how the African Centered Perspective is defined, as well as how it operates in the context of the African American family with regard to identity development, education, mental health, research, and managing contemporary issues. It links the context of African American life to the traditions, values and spiritual essence of their African ancestors in an attempt to acknowledge the African worldview and assist the African American community in addressing some of the challenges they continue to face.

In 2018, the Marvel Cinematic Universe finally delivered on something fans had long been waiting for: a feature film with a solo Black superhero. *Black Panther* introduced viewers to the stunning world of Wakanda, a fictional African country with incredible technological advancements, and to T'Challa, a young man stepping into his role as king and taking up the mantle of the Black Panther title from his late father. The unforgettable story, coupled with the film's mega-success, has undoubtedly shaped the future of superhero

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cinema, in addition to genuinely changing viewers' lives. *Why Wakanda Matters* gives this iconic film the in-depth analysis it deserves under the lens of the latest psychological concepts—as well as delving into the lasting cultural impact of this unforgettable story. Edited by Sheena C. Howard, an award-winning author, filmmaker, and scholar, *Why Wakanda Matters: What Black Panther Reveals About Psychology, Identity, and Communication* features a collection of essays from leading experts in a variety of fields who offer insightful perspectives on topics such as:

- Cognitive dissonance: The important messages within T'Challa's nuanced identity and eventual shift from nationalism to globalism.
- Intergenerational trauma and resistance: How N'Jadaka (aka Erik/Killmonger) identifies with the trauma that his ancestors have suffered.
- Social identity: How Nakia, Shuri, Okoye, and Ramonda—all empowered, intelligent, and assertive women of color—can make a lasting impression on women and girls.
- Collective identity: How Black Panther has created a shared fantasy for Black audience members—and why this is groundbreaking.
- Cultural and racial identity: What we can learn from Black Panther's portrayal of a culture virtually untouched by white supremacy. Fans of the movie and those interested in deeper discussions about the film will revel in this thought-provoking examination of all aspects of Black Panther and the power of psychology.

This book is the first publication originating from the conference *Legacy of Slavery and Indentured Labour: Past, Present and Future*, which was organised in June 2013, by the Institute of Graduate Studies and Research (IGSR), Anton de Kom University of Suriname.

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