

Leading with zola (love): Re-awakening African-centered and Indigenous healing pathways for psychologists-healers

Keynote Address: Malakai Coté, Ph.D.

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KEY TERMINOLOGY

AFRICAN CENTERED PSYCHOLOGY	African-centered psychology recognizes the Spirit that permeates everything that is; the notion that everything in the universe is interconnected; the value that the collective is the most salient element of existence; and the idea that communal self-knowledge is the key to mental health.
COMMUNITY DEFINED EVIDENCE	Programs and practices that receive a high level of support and cultural resonance from within specific, often socially marginalized communities. They may or may not be empirical tested, however, the community accepts these practices as beneficial.
EXTENDED SELF	Dr. Linda James Myers discusses extended self as a manifestation of those yet to be born, our ancestors, plant and animal life, the entire cosmos.
SANKOFA (TWI)	“It is never taboo to go back and retrieve that which has been lost or forgotten.”
SAWUBONA (ZULU)	A South African greeting meaning “We See You.” We are present to be fully seen.
UBUNTU (BANTU)	“I am because we are. We are because I am.” “A person is only a person through other people.”

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Community Organizations

Black Emotional and Mental Health Collective (BEAM)

<https://beam.community/>

Greater Sacramento Association of Black Psychologists

Instagram: @gsabpsi

Safe Black Space

<https://www.safeblackspace.org/>

On Track Consulting - Soul Space

<https://ontrackconsulting.org/services-projects/soul-space/>

Gender Health Center

<https://www.genderhealthcenter.org/>

Holding Space, Sacramento

<https://weareholdingspace.org/>