Zoom wait music: Makeda Kumasi “Maat”

Pre-release sneak preview! From (9) A Spoken Word Experience

https://africanastudiesintrocourse.wordpress.com
Week 12 Agenda: Wednesday April 28, 2021

• Introduce agenda
• Intro speaker
• GUEST SPEAKER: Mut Nfr ka Ra (Karen Drakeford) MSW
• Speaker Q&A
• BREAK: Listening: “Hum Allah” by Pharaoh Sanders
• Course announcements
  • Logistics and final exam
• College announcements:
  • Lehman’s Apex Gym COVID vaccine site!
• BRIEF REVIEW: last class topics
• DISCUSSION: *Introduction to Black Studies* chapter 10, part 2
• DISCUSSION: Amos Wilson
• Intro next week’s topic
• END
• Individual Q&A

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Guest speaker: Mut Nfr Ka Ra (Karen Drakeford), MSW

Karen C.W. Drakeford LCSW, APP – (aka Mut Nfrt Ka Raet, or Nfr KaRa for short. Translated: the deep mothering energy from within that emanates goodness from the enlightened spirit), principal of Mut’s Mer, LTD. She received her undergraduate degree in psychology from The Johns Hopkins University in Baltimore, MD and her masters in social work from Hunter College in New York City. She is also certified in hypnotherapy, play therapy, polarity and wholistic consultations. Karen Drakeford has trained with holistic experts such as Dr. Llaila Afrika, Dr. John Beaulieu and Queen Afua. Ms. Drakeford’s world travels and studies have allowed her to infuse sensitivity to a diverse spectrum of cultures. She has worked as a clinical social worker in the New York City Public Schools for more than twenty years and maintains a private practice in which she works with children, adults, couples and families. Her practice infuses a variety of traditional and holistic approaches.

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Listening: Pharoah Sanders “Hum Allah”

From Jewels of Thought (1969) Impulse!

Personnel:
Pharoah Sanders, saxophone,
Leon Thomas: vocals, perc.
Lonnie Liston Smith: piano, African flute
Cecil McBee: bass
Roy Haynes: drums

Break: 15 minutes

(Be right back! 7:45 PM)

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Week 12 Review: some key points

Chapter 10, Black Psychology, Part 1

• What is Black psychology?
• Challenge to Western approaches
• Collective trauma: definitions and healing
  • Dr. Joy DeGruy: Post Traumatic Slave Syndrome
  • Dr. Wade Nobles: Shattered Consciousness, Fractured Identity
• 3 main schools of thought
  • Traditional
  • Reformist
  • Radical

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Key Concepts

Worldview
Ethos
*sakhu*
Self-concept
African centered psychologists critique Eurocentric assumptions of traditional psychology that claim universality.

Goal: free Black people from *sociogenic* (socially produced) mind problems.

**Psychology:** human science that systematically studies behavior in its relationship to the complexity of mental, emotional, physical, and emotional factors which shape it.
Black Psychology (10.1)

Goals (398)

1 Severe critique/rejection of white psychology
2 Provide Afrocentric models of treatment, prevention, development
3 Self-conscious intervention in social struggle
3 Major Schools: Differences (10.3)

**Traditional School:** 1) defensive/reactive posture 2) Support of Eurocentric model 3) Concern with changing white attitudes 4) Lack substantive correctives

**Reformist School:** Some concern with changing white attitudes + focus on public policy change + starts advocacy for Afro-centric psychology

**Radical School:** Focuses on Black people with African worldview and opposition to European worldview
Radical School (10.4)

- Na’im Akbar
- Kobi Kambon
- Linda James Myers
- Wade Nobles
- Frances Cress Welsing
- Amos Wilson
- Bobby Wright
Dr. Na’im Akbar (10.4) 408-409

White oppressor’s “democratic sanity” model of mental health bases sanity on how White majority population acts. Insanity based on deviation from majority’s behavior and White scientists gain scholarly influence by documenting Black mental deficits.

Critique of traditional school
1 mental health = imitation of White middle class
2 Assumes similarity of sources of white/Black behavior
3 Democratic sanity = universal human standards

**Mental health**: behaviors which foster mental growth and awareness. **Mental illness**: ideas/forces in the mind threatening awareness/growth
Afrocentric Worldview:

1 holistic-spiritual unity
2 communalism
3 proper consciousness
Dr. Frances Cress Welsing (10.4) p. 415

Cress Theory of Color Confrontation and Racism (White Supremacy)

Builds on Neely Fuller’s work (*Textbook of Victims of White Supremacy*, 1969). Fuller argues that:

1. White supremacy is only functional racism
2. All Third World people are victims
3. Racism = universal system of domination
4. European political/economic theories designed to insure White domination

Welsing accepts/expands on above in her own work.
Dr. Frances Cress Welsing (10.4) p. 416

Cress Theory of Color Confrontation and Racism (White Supremacy):

White feelings of inadequacy and genetic inferiority lead to following defense mechanisms:

1. Repression of inadequacy by denial
2. Discredit/despise Black & other skin colors
3. Sun tan/makeup to acquire color
4. Elaborate myths of White genetic superiority
5. Projection of hate/sexual desires on others
6. Obsessive body focus/sexual alienation
7. Division of people of color to reduce them to minority status
8. Birth control as mechanism to limit racial majorities
Focus on Black children/child development and social psychology of violence among young Black men

Black male/adolescent criminality factors:

1. White-on-Black violence since enslavement
2. Black-on-Black violence deliberate creation of American society
3. White America’s political/economic needs

White America drives context that results in social conditions producing Black criminality
Psychopathic personality: almost complete absence of ethical or moral development and an almost total disregard for appropriate patterns of behavior

Whites pose mortal danger to Black people

1 Historic oppression in the name of God/Jesus
2 Concern only for own interests/ anger when questioned
3 Sexual inadequacy projected as excessive sexuality on Blacks
4 Limited ability to accept blame/ learn from experience
5 Rejects authority and discipline
Dr. Wade Nobles (10.4)

- Continuity of consciousness from African origins
- African philosophy as basis for Black psychology

Ethos: oneness with nature + survival of one’s people

1 rooted in religion "life practice")
2 Unity of humans with God + entire universe
3 Expansive concept of time
4 Kinship/collective unity > collective identity (extended self) (414-415)
Ethos (10.5)

Defined: knowledge of self + others knowledge/perception (420)

Self-consciousness deficit solved by solution on both individual & collective mental and social levels, including structural problems
Resources for Further Reading/Study

Association of Black Psychologists: [https://www.abpsi.org/](https://www.abpsi.org/)

Na’im Akbar. *Breaking the Chains of Psychological Slavery.*

---. *Know Thyself.*

Neely Fuller, Jr. *The United Independent Compensatory Code System Concept a textbook/workbook for Thought, Speech and/or Action for Victims of Racism (white supremacy).*


Frances Cress Welsing. *The Isis papers: The Keys to the Colors.*

Amos N. Wilson. *Awakening the natural Genius of Black Children.*

---. *Black-On-Black Violence: The Psychodynamics of Black Self-Annihilation in Service of White Domination.* Website: [https://afrikanworld.info/](https://afrikanworld.info/)

Bobby Wright: *Psychopathic Racial Personality and Other Essays.* Third World Press.