



Counseling People of African Ancestry

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This volume advances a uniquely Afro-centric, sociocultural understanding of health maintenance and risk reduction in African cultural heritage populations. It unites a diverse group of leading African and Africanist scholars in an exploration of common cultural values in African heritage communities and their practical applications in contemporary counseling. The chapters highlight the prominent health issues faced in Africanist settings today and use real-world experiences to illustrate core lessons for effective community action. The approach spans complex cultural milieus, from diversity counseling to conflict resolution. Each chapter includes field-based experiential tasks, discussion boxes, research boxes, and case studies, which serve as valuable resources in both coursework and casework. Counseling People of African Ancestry is an essential primer for community health workers, counselors, and educators seeking a better understanding of African cultural heritage settings to promote community health, well-being, and development.

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