# PART 3: THE LEAVES: CROWING A CHECOLOGICAL FUTURE

Proceedings Resources 169

## Contents

CHAPTER 4

Acknowledgments x
Introduction 1

#### PART 1: THE ROOTS: WHERE IT BEGAN

CHAPTER 1	Your (Our) Therapy Is Colonial	39
CHAPTER 2	Emotional-Decolonial Work 68	
CHAPTER 3	From Lobotomies to Liberation	99

Diagnostic Enslavement

#### PART 2: THE TRUNK: WHERE WE ARE

125

CHAPTER 5	From Historical Trauma to Healing the Collective  Soul Wound 169	
CHAPTER 6	Intergenerational Trauma Transmission: Ancestral Trauma and Wisdom Exist Together Within Us 190	
CHAPTER 7	Ancestral Roots in Mental Health "From Root to Bone"	214
CHAPTER 8	Collective Grief and Sacred Rage As Expressions of Colonization 238	

### PART 3: THE LEAVES: GROWING A DECOLONIAL FUTURE

From the Inside Out: Energetic Boundaries **CHAPTER 9** 

Politicizing Your Practice (Is How We Begin to CHAPTER 10

> Decolonize Therapy) 316

CONCLUSION Call to Action 366

Practitioner Resources

Glossary/Terms to Chew On 395

tal Insunsystem Englishment Francis

References 407

Index 435