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A decade ago I would not have advised anyone to study psychology. Psychology, I would have said, is bad for your mental health, and were it to turn out that being a psychologist is good for your economic status, the likelihood is that you would be supporting the marginalisation of people who most need psychological help.

Today, I have reassessed my attitude towards psychology. Today, if a student is adamant that he wants to study psychology, having made him aware of the discipline's history and contemporary complicity with coloniality, racism, apartheid and Euroamerican-centricity, and having made sure he understands how many psychologists tend to remain silent in the face of psychological torture and oppression, I will not say, do not study psychology. I will say, do not forget to study how psychology studies people. Do not forget your self. Do not forget the people who need your help but cannot afford the ridiculous fees. Reach beyond what psychology teaches you about healing, for only then will you be able to recognise that the psychological healers themselves, especially those whose colonial and apartheid wounding has not received any attention, need healing. Reach beyond how this field in which you want expertise wants you to study humans, wants you to act towards people, other animals, plants, other living beings