INDEX

A

Acculturation · 315, 320
African Australian community · 318, 331, 332, 333
African Human Factor Perspective (Chivaura & Mararike, 1998) · xxv
African Union · 294, 301, 307, 311
Afrocentric Relational Theory (Owusu-Ansah & Mji, 2013) · xxv, 242, 249
Afrocentric Social Support Framework (Ebörsöhn & Eloff, 2006) · xxv, 265, 266
Amadlozi (ancestral connection) · xix, 242, 244
Ancestral reconnection · 213
Anxiety · 11, 29, 32, 41, 43, 44, 49, 55, 64, 78, 79, 81, 87, 88, 89, 92, 95, 109, 111, 136, 146, 184, 186, 191, 197, 203, 212, 219, 220, 222, 224, 226, 234, 247, 267, 269, 270, 289, 290, 291, 294, 296, 299, 300, 301, 302, 303, 324, 372, 381, 384, 385, 387, 390, 391, 394
Aro Village System (Lambo, 1960) · xxv, 6, 17, 81, 109, 135, 149, 169, 185, 219, 243, 245, 259, 276, 293, 318, 323, 337, 343, 372

B

Bana ba sekolo (school-going children) · xix
Baraka (spiritual blessing) · xix, 183, 185, 188, 193, 196, 197, 200
Basa rebatsiridzo yemagariro (social work) · xix
Belonging · iv, xxv, 2, 4, 5, 6, 10, 15, 16, 19, 20, 22, 33, 77, 81, 87, 91, 98, 108, 109, 113, 114, 116, 122, 125, 129, 135, 149, 162, 167, 168, 169, 170, 171, 176, 177, 178, 183, 185, 188, 190, 192, 196, 219, 221, 223, 227, 231, 237, 238, 241, 243, 245, 246, 251,252, 259, 275, 293, 317, 318, 319, 322, 323, 334, 335, 352, 373, 379
Bophelo bo botle ba kelello (mental health) · xix
Bullying · 87, 263, 281

C

Caregiving · 166, 289, 295, 299, 302, 304
Chimbadzo (informal debt) · xix
Clergy · iv, xviii, xxvi, 15, 315, 316, 318, 319, 323, 324, 325, 326, 327, 329, 330, 334
Climate change · iv, xii, xviii, xxi, xxii, 133, 142, 289, 291, 292, 293, 294, 295, 296, 297, 298, 299, 303, 304, 305, 306, 307, 309, 310, 311, 312, 313, 314, 385, 394
Colonial biomedical models · 239
Colonialism · 4, 8, 21, 22, 45, 47, 50, 51, 53, 63, 65, 66, 69, 73, 79, 162, 376, 379
Communal labour · xxii, 172, 174, 236, 237, 240, 250
Community grandmothers · iv, xxvi, 182, 187, 188, 192, 194, 195, 200, 352, 360, 367, 372
Community-based care · xxvi, 54, 195, 372

Coping strategies · 93, 104, 116, 166, 215, 230, 268, 290, 296, 301, 309, 311, 335
Cultural brokers · 316, 321
Cultural competency · 318, 333, 346

D

Decolonisation · v, ix, xi, 2, 3, 4, 7, 8, 34, 52, 53, 65, 67, 68, 136, 149, 152, 153, 159, 178, 225, 228, 338, 339, 366, 370, 378
Depression · xxi, 11, 19, 24, 29, 32, 33, 41, 43, 44, 49, 51, 55, 67, 78, 79, 88, 89, 92, 100, 103, 109, 111, 126, 131, 135, 137, 160, 167, 178, 181, 184, 186, 191, 197, 203, 204, 206, 208, 210, 212, 220, 222, 235, 239, 245, 247, 251, 256, 286, 288, 289, 290, 291, 294, 296, 299, 300, 301, 302, 303, 309, 313, 317, 324, 332, 364, 372, 373, 381, 384, 385, 387, 391, 394
Diaspora · iii, v, vi, vii, 1, 2, 8, 13, 14, 20, 23, 37, 316, 318, 319, 320, 321, 322, 323, 327, 328, 329, 331, 333, 340, 349, 351, 368, 369, 374, 378, 380, 381
Domestic violence · 67, 101, 133, 275, 387

E

Elderly women · iii, iv, xviii, xxvii, 11, 187, 289, 290, 291, 292, 293, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 308, 309, 310, 314, 350, 374
Entrepreneurship · iii, xiii, xviii, 212, 215, 216, 222, 227, 228, 229, 230, 232, 233, 235, 340, 347, 351
eSwatini · iii, iv, xviii, 212, 214, 215, 216, 217, 218, 219, 220, 222, 223, 224, 225, 226, 228, 230, 231, 232, 233, 234, 235, 340, 347, 350, 353, 367, 384, 391
Extended family · xxiv, 61, 69, 73, 78, 83, 84, 85, 86, 87, 88, 90, 91, 97, 98, 120, 127, 137, 144, 147, 152, 158, 164, 262, 290, 292, 296, 297, 302, 305, 316, 317, 320, 321, 328, 333

F

Fear of failure · iv, xviii, 212, 213, 214, 215, 216, 218, 219, 220, 221, 222, 224, 226, 227, 228, 230, 231, 232, 233, 234, 385, 386, 390, 392
Friendship Bench model · iv, xvii, xxv, xxvii, 18, 182, 183, 185, 187, 190, 191, 192, 193, 195, 198, 201, 203, 345, 352, 372

G

Gender · iii, x, xii, xiii, xiv, 142, 149, 153, 157, 171, 174, 203, 248, 254, 255, 270, 289, 296, 388, 389, 390
Grandmother circles · 290, 293, 301, 310, 311
Group Support Psychotherapy (Nakimuli-Mpungu et al.) · xxvi, 2, 12, 13, 21, 89, 120, 149, 169, 245, 266, 298, 346, 350, 373, 374

H

Harambee (collective responsibility) · xx, 183, 184, 186, 188, 193, 195, 197, 202
Healing circles · xv, 186, 237, 384, 390
Help-seeking · xxi, 48, 108, 112, 198, 237, 238, 241, 243, 247, 251, 269, 271, 283, 316, 318, 320, 324, 327, 328, 331
Herbal remedies · 48, 49, 232, 301
HIV/AIDS · xiv, 12, 24, 89, 103, 131, 160, 181, 256, 263, 288, 313, 364, 373
Hukama (relational bonds) · xx
Humwe (communal farming) · xx

I

IASC pyramid of MHPSS services · 262
Ilima (communal labour) · xx, 240, 250
Indaba (dialogue) · xxi, 38, 40, 43, 244, 245, 246, 249, 254
Indigenous healing · xx, xxv, 6, 9, 26, 29, 41, 45, 46, 47, 55, 73, 81, 109, 173, 174, 179, 183, 190, 201, 203, 204, 207, 213, 214, 215, 216, 218, 219, 225, 226, 227, 228, 230, 232, 239, 247, 248, 249, 254, 304, 310, 333, 338, 340, 341, 345, 346, 348, 350, 351, 353, 355, 360, 363, 373
Indigenous Health Theory · xxvi, 9, 189, 216, 218, 219, 220, 221, 223, 230
Indigenous knowledge systems (IKS) · iii, ix, xi, xii, xv, 4, 16, 20, 38, 68, 131, 133, 135, 136, 140, 143, 150, 151, 152, 155, 158, 162, 163, 166, 175, 178, 185, 214, 215, 216, 227, 236, 237, 239, 240, 242, 245, 285, 289, 292, 293, 340, 344, 359, 361, 370
Indoda kayikhali (a man does not cry) · xxi
Integrated model (clergy–social work) · 319, 323, 326, 334

K

Kubambelela (procrastination) · 227, 385, 392
Kucindzeteleka (stress) · 227, 386
Kufunganya (anxiety) · xxi
Kufungisisa (depression, Shona) · xxi
Kupererwa (hopelessness) · xxi, 385, 394
Kutfwasa (spiritual calling) · xxi, 228, 234
Kutisola (self-doubt) · 227, 386
Kuvhura pfungwa (opening the mind) · xxii
Kuzviuraya (suicide) · xxii, 386
Kwesaba kuhluleka (fear of failure) · xxii, 384, 391

L

Lesotho · iii, iv, xii, xiv, xviii, xix, xxvii, 257, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 270, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 340, 347, 350, 352, 353, 373
Likolo (schools) · xxii, 265

M

Masculinity · iv, xxviii, 65, 236, 237, 238, 239, 240, 241, 242, 243, 247, 248, 249, 250, 254, 255, 340, 369, 371
Mental health Conditions · xviii, 136, 138

Definition · 4
Models · 372
Migration · 4, 13, 22, 37, 133, 315, 317, 320, 321, 322, 323, 327, 330, 369, 371
Mukwerera (rain ritual) · xxii