Mental Health

African Understandings, Models and Interventions

ZIVO PUBLISHING

This book is suitable for lecturers and students doing certificate, diploma, bachelor, master and doctoral courses, as well as practitioners working with African communities in Africa and the diaspora. The highlights are:

- Brings together fourteen chapters by scholars and practitioners from across the African continent and its diaspora.
- Grounded in the overarching African philosophy of Ubuntu which is set as the conceptual foundation throughout, with a dedicated chapter on Ubuntu-grounded pedagogy for teaching African understandings of mental health.
- The inclusion of specialised frameworks, an annotated bibliography, and a mental health index is a key strength that provides comprehensive, interdisciplinary reference tools for readers.
- Covers assessment tools, models and frameworks developed specifically for African contexts, including locally developed interventions such as the Friendship Bench and African Computerized Adaptive Test (AFRICAT).
- Addresses mental health across the lifespan and across settings, including schools, prisons, communities and diaspora populations in Australia, with chapters set across eSwatini, Zimbabwe, Lesotho, Nigeria and South Africa.
- Each chapter closes with case examples grounded in African family and communal structures.
- Written and peer reviewed by scholars and practitioners, with every chapter undergoing a decolonisation review.
- A fuller subject index is provided for locating key concepts, models and frameworks throughout the volume.

Distributed by

African Books Collective

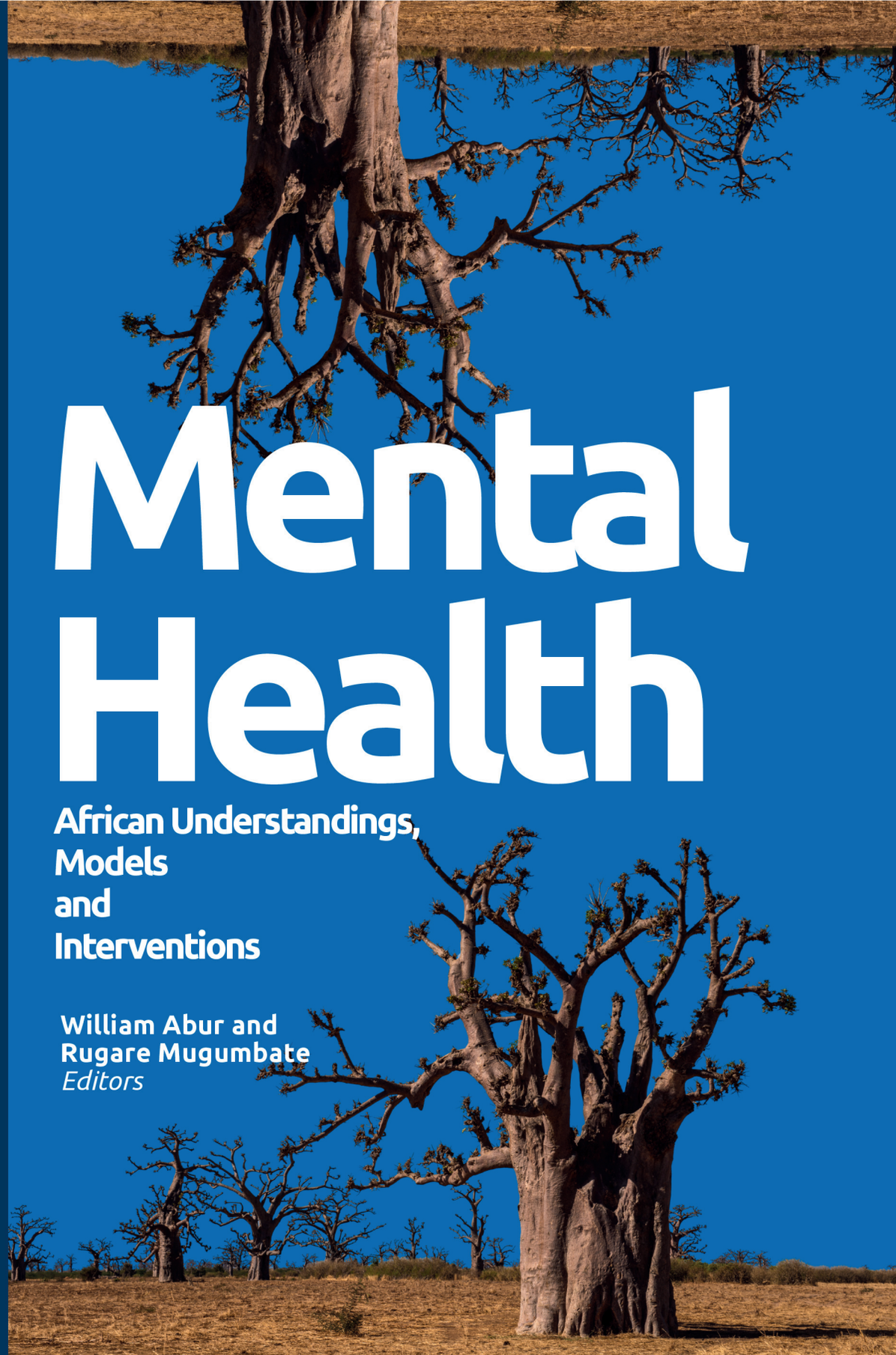
9 780639 872605

MENTAL HEALTH

African Understandings, Models and Interventions

Abur & Mugumbate *Editors*

ZIVO PUBLISHING



Mental Health

African Understandings, Models and Interventions

William Abur and Rugare Mugumbate *Editors*

Mental Health

African Understandings, Models and Interventions

In Africa, this iconic tree is known as the Gouye gui (Wolof, Senegal), Kuka (Hausa, Nigeria), Mowana (Tswana, Botswana), Reniala (Madagascar), muUyu (Shona, Zimbabwe), Malambe (Chichewa, Malawi), muBuyu (Bemba, Zambia), Muamba (Kamba, Kenya), oMukwa (Oshiwambo, Namibia), Umuvumu (Kinyarwanda/Kirundi, Rwanda/Burundi), Matugunda (Luganda, Uganda), Nkondo (Kongo, Democratic Republic of Congo/Republic of Congo), xiMuwu or Mulambe (Tsonga/Sena, Mozambique), Odadir or Tua (Twi/Guruni, Ghana), Teheldia (Arabic, Sudan), Bamba (Amharic, Ethiopia), Mbuyu (Swahili, Tanzania/East Africa), muvhuyu (Tshivenḓa, South Africa), uMkhomo (isiNdebele, South Africa), isiMuku or umShimulu (isiZulu, South Africa), siMuhu or umKhomo (Eswatini), and muFuyu (Lesotho), though many other African countries where this tree thrives have not been added to this list yet. Across Africa, the names such as mb**uyu**, mu**uyu**, mub**uyu**, muvh**uyu**, xim**uwu**, shim**ulu** and m**uvu**mu all share the ancestral Proto-Bantu root -uyu (or -guyu), which historically translates directly to this majestic tree or its distinctive fruit, showing linguistic and philosophical homogeneity of the continent.



