

Index

- Abnormality, 54
- Acupuncture, 66
- African American women, 48, 74
- African Americans, 27, 29
- African Canadian women, 64
- African Caribbean people, 27–28
 - in Canada, 54
- African indigenous knowledge, 21
- African Nova Scotians, 34
 - caregiver, 76
 - community, 60, 77
- Africans, 16
 - African-born mental health clinicians, 80
 - African-centred scholars, 21
 - psychology of, 17
- American Psychological Association, The, 37
- Anthropologists, 8
- Anthropology, 9
- Anti-Black police violence, 41
 - traumatising aftereffects of, 37–41
- Anti-Black racism, 7, 99
 - mental health impacts of, 32–37
- Anti-colonial theory, 9–10, 13, 19–22, 87, 99
- Anti-social personality disorders, 72
- Anxiety disorders, 48
- Asian people, 26
- Attention deficit hyperactive disorder (ADHD), 42
- Australia, indigenous/aboriginal peoples of, 17
- Behavioural cognitive therapy, 71
- Biological reductionism, 21
- Biomeridian testing, 66
- Black African people, 35
- Black bodies, 99
 - in psychiatric imagination, 16–19
- Black Canadians, 6, 10, 25
 - communities, 11
- Black Caribbean participants, 29
- Black Caribbean people, 35
- Black cisgender LGBTQ peers, 51
- Black community, 3, 6, 10, 58, 89, 98
 - mental illness experiences in, 41–51
 - seeking help for and coping
 - experiences with mental illness in, 63–78
- Black Lives Matter (BLM), 31
 - black pain, black rage, 32–37
 - criminal justice and policing, 37
 - education, 34–35
 - employment, 33–34
 - environmental racism, 36
 - experiences of mental illness in
 - black communities, 41–51
 - immigrant and refugee status,
 - 35–36
 - income, 34
 - montreal, 25
 - movement, 11, 24, 37–41
 - psychology of oppression, 31–32
- Black masculinity, 75
- Black Matriarch, The, 43
- Black men, 23, 75
- Black mental health professionals, 96
- Black mothers, 48
- Black pain, 32–37
- Black people, 1–2, 17–18, 28, 32
 - in Canada, 33
 - in Nova Scotia, 33
- Black Power movement, 38
- Black protest movements, 38
- Black rage, 32–37

- Black resistance movements, 38
- Black transgender men, 51
- Black transgender women (BTW), 49
- Black women, 43–50, 61
 - coping styles, 74
 - in Toronto, 64
- Black youth, 63, 97
 - in Hamilton, 95
 - in Hamilton study, 94
- Boasian culture, 8
- British African Caribbean people, 28
- British transcultural psychiatry, 9

- CAMH, 7, 37
- Canada, black communities in, 10
- Canadian Public Health Association (CPHA), 4–5
- Canadian research, 7
- Cannabis psychosis, 26
- Care, pathways to, 24–25
- Caribbean
 - Black people in, 27
 - community in Toronto, 55
 - immigrants and refugees, 7
 - people in Toronto, 57
- Charades and Masquerades, 8–9
- Civil Rights Movement, 38
- Clinical environment, addressing
 - politics of difference in, 81–85
- Cognitive behavioural therapy, 81
- Colonial legacies, 99
- Colonialism, 16, 20, 57
- Colour-blind approach, 9
- Common-sense' knowledge in
 - psychiatry, interrogating, 80–81
- Community leaders, 62
- Community outreach, 97
- Community-based approaches, 98
- Comparative psychiatry, 8–9
- Complex racial trauma (CoRT), 2
- Comprehensive linguistic competence
 - strategy, 93
- Comprehensive mental health
 - services, 95

- Conceptual incarceration' of Black
 - people, 32
- Coping strategies, 73, 75
 - in Black communities, 53
 - for LGBTQ, 72
 - with mental illness in black
 - communities, 63–78
- Criminal justice
 - and policing, 37
 - system, 44
- Criminalisation process, 37
 - of Black people, 38
- Cultural competency, 81, 91
 - approaches, 12, 79–80, 82
- Cultural Darwinism, 8
- Cultural depression, 32
- Cultural dominance, 3
- Cultural evolutionism, 8
- Cultural psychiatry, 9
- Cultural racism, 3
- Culture in psychiatry, subsuming race
 - within, 8–9

- Dance, 85
- Darwinian theory, 8
- Decolonisation, 20
- Depression, 45–46, 72
- Descartes, Rene, 21
- Diagnostic process, 25
 - for Black people, 25
- Direct racial trauma, 4
- Discourse, 14–15
- Dispossession, 3
- Distal determinants, 6
- Dominant discourses, 15
- Double stigma, 73
- Dragnetomania*, 26

- East Preston, 6
- Education, 7, 34–35
 - community outreach and, 97
 - system, 57, 80
- Employment, 33–34
- Enslavement, 3
- Environmental racism, 36
- Ethnic healing, 90

- Ethno-medicine, 20
 Euro-Western discourse, 20
 European values, 16
 Europeans, 8, 17–19, 32
 ‘Examination’ process, 15
- Fanon, Frantz, 9, 16, 21, 32, 80, 87
 Fernando, Suman, 1
 Folk medicine, 20
 Folk psychologies, 20
 Foucault, Michel, 15, 21
 concept of discourse, 15
 post-structuralist concept of
 language/discourse, 14
- Generalised anxiety disorder (GAD), 33
 Genocide, 3, 91
 ‘Group minds’, 17
- Halifax Regional Municipality, 45, 64
 Hamilton, 42
 study, 94–95
 Healing Ethno and Racial Trauma
 framework (HEART
 framework), The, 90
- Health
 care system, 84
 disparities, 6, 32
 education and training, 88–89
 outcomes in marginalized
 communities, 82
 professionals, 79, 81–82
 workforce, 95–97
 ‘Healthy immigrant effect’, 35
 Help-seeking
 in Black communities, 53
 with mental illness in black
 communities, 63–78
- Historical trauma, 6
 Homosexuality, 26
 Hooks, Bell, 20
 Human sexuality, 18
- Immigrant and refugee status, 35–36
 Imperial power, 14
 Impostor phenomenon (IP), 50
- Income, 34
 Indigenous, 20
 communities, 6
 knowledge, 20
 Indirect racial trauma, 4
 Individual Program Plans, 35
 Individual racism, 2
 Institute of Psychiatry, 27
 Institutional racism, 2, 23
 Institutionalisation of racism, 87
 Interdisciplinary health education and
 training, 88
 Intergenerational trauma, 44
 Intermediate determinants, 6
 International Congress in
 Transcultural Psychiatry, 9
 Intimate partner violence (IPV), 47
 Isolated coping, 76
- Language/discourse concept, 14
 LGBTQ individuals, 49
 Life course approach, 2
 Linguistic competence, 82, 93
- Madness, 14
 of slaves, 26
 Marginality, 20
 Medical gaze, 22
 Mental health
 clinicians, 89
 impacts of anti-black racism, 32–37
 policy, 98
 services, 12, 92–95, 97
 system, 80, 98–99
 theories of moral degeneracy, 14
- Mental illness, 38, 48, 54, 60, 77
 in black communities
 black men, 50–51
 black women, 43–50
 experiences of mental illness in
 black communities, 41
 experiences seeking help for and
 coping with mental illness
 in black communities, 63–78
 implications for, 4–7
 perceptions and beliefs about, 53–62

- Meta-analysis, 24
- Metzl, Jonathan, 28
- Mind-body dualism, 21
- Mindfulness, 66
- Mongolism, 16, 18
- Mood disorders, 48
- Multilevel approach to addressing
 - racial trauma in black communities
 - clinical practice, 89–92
 - community outreach and education, 97
 - community-based approaches, 98
 - health education and training, 88–89
 - health workforce, 95–97
 - mental health policy, 98
 - mental health services, 92–95
 - mental health system, 98–99
 - research, 89
- Music, 65, 85

- Native American people, 1
- Natural consciousness of Black people, 32
- Negative mental health, 40
- Nigerian culture, 68
- Noble savage' theory, 87
- Non-Western societies, 14
- Non-White peoples, 9
- Normality, 54
- North Preston, 6
- Nova Scotia, 6, 28
 - African descent in, 83
 - Black people in, 33, 47
 - Halifax Regional Municipality in, 45
 - help-seeking in, 47

- Ontario, 7
 - Black youth in, 54, 77
 - mental illness and help-seeking in, 42
 - native-born populations in, 74
- Oppression, psychology of, 31–32
- Organized system, 3

- Pathways to care, 24–25
- Perceived racial discrimination, 49
- Perceptions, 56
- Persistent-traumatic stress disorder, 2
- Policing, criminal justice and, 37
- Politics
 - of diagnosis, 25–29
 - of race, 25–29
- Posttraumatic stress disorder (PTSD), 2, 33, 36, 48, 68, 72
- Proximal determinants, 6
- Psychiatric diagnoses, 23
 - racialisation of, 25–29
- Psychiatric imagination, Black body in, 16–19
- Psychiatric imperialism, interrogating, 14–15
- Psychiatric knowledge, 80
- Psychiatry, 13, 16, 18
 - challenge to psychiatry's colonial legacy, 19–22
 - interrogating common-sense' knowledge in, 80–81
 - subsuming race within Culture in, 8–9
- Psychoanalytic emphasis, 31
- Psychology of oppression, 31–32
- Psychopathologies, 72
 - assessment, 17
- Public health, 37

- Race, 9, 3, 38
 - within culture in psychiatry, 8–9
 - race-based discrimination, 33
 - race-based stigma, 74
 - race-informed therapeutic approach, 90
 - in transcultural psychiatry, 9
- Racial discrimination, 2, 4
- Racial infection' theory, 18
- Racial profiling, 4–5, 83
 - procedures, 40
- Racial stereotypes, 26
- Racial trauma, 2–7, 90
- Racial violence, 2
- Racialised communities, 4
- 'Racialization of poverty', 34
 - of psychiatric diagnoses, 23, 25–29, 88

- Racism, 3, 9, 20, 47
 in transcultural psychiatry, 9
- Refugee status, 35–36
- Representational system, 18
- Research, 89
- Restrictive educational environments, 35
- Schizophrenia, 23
- Scientific racism, 87
- Sexual orientation stigma, 74
- Shelburne, 77
 African Nova Scotian communities
 in, 36
- Skin colour, 16
- Slavery, 18
- Slaves, 26
- Social support networks, 64
- ‘Spiritual sickness’, 59
- Stereotypes of Black people, 23–24,
 27
- Stigma, 73
- Stress, 48
 stress-related diseases, 44–45
- Strong Black Woman myth, 50
- Structural anti-Black racism, 31
- Structural competency, 81, 89, 91–92
- Structural competency approach,
 79, 84, 92
 addressing politics of difference in
 clinical environment, 81–85
 contested knowledge, 80–81
- Structural determinants, 5, 81
 of health, 6–7, 32, 36, 93
- Structural humility, 83
- Structural racism, 5, 89
- Structural vulnerability, 83
- Superwoman Schema (SWS), 74
- Systematic literature review, 24
- The Age of Enlightenment, 16, 99
 anti-colonial theory, 19–22
 black body in psychiatric
 imagination, 16–19
 interrogating psychiatric
 imperialism, 14–15
- The medical model of illness, 21
- The Prestons, 6, 36
- The racialization of poverty, 34
- Toronto, 6, 24, 72
 Black women in, 64
 Caribbean community in, 55
 study, 29
- Transcultural psychiatry, 9
- Trauma, 2, 45
- Trauma-informed care (TIC), 91
- Traumatic retention, 2
- UK, black communities in, 10
- UN Universal Declaration of Human
 Rights, The (1948), 8
- United Nations General Assembly, 32
- US Civil Rights Movement, 9
- US physicians, 79
- USA, black communities in, 10
- Waldron, Ingrid, 5–6, 9, 16, 20
- Welfare Mother stereotype, The, 44
- Western belief system, 81
- Western culture, 14
- Western medicine, 14, 54
- Western psychiatry, 14
- Western societies, 14
- White African Caribbean people, 28
- White people, 1
- White racism, 38
- Wittkower, Eric, 9
- Youth, 55