

HONORING BLACK HISTORY

Black Health and Wellness

"Caring for myself is not self-indulgence. It is self-preservation, and that is an act of political warfare,"

- Audre Lorde,
A Burst of Light

E KITCH CHILDS: Black Feminist Therapy

Black Health and Wellness is the theme of this year's Black History Month, honoring not only black doctors, nurses, and other medical practitioners, but also herbalists, doulas, midwives, and additional healers within the Black community. One leader in black health and wellness was therapeutic feminist, E Kitch Childs.

Childs was a clinical psychologist who **deconstructed the hierarchy between clinician and client**, and revolutionized clinical work by offering Feminist Therapy. Childs earned her masters and PhD in Human Development from the University of Chicago and helped found the Association for Women in Psychology (AWP) and the University of Chicago's Gay Liberation Front in 1969, providing therapeutic services to people who otherwise would not have access to it, such as black women, sex workers, people affected by HIV and AIDS, people suffering from poverty, or any combination thereof. After moving to Oakland, California in 1973, she opened a private practice and joined COYOTE (Call Off Your Old Tired Ethics), an organization founded to advocate for the rights of sex workers.

Passionate about offering services freely, **Childs' approach to therapy was unprecedented**, both in the structure and subject matter of her sessions. Childs offered a sliding scale fee for therapy, with some sessions given for free. Additionally, knowing her client base might be initially distrustful of therapy, she offered services in the comfort of her own home, often sitting on the floor, at the same eye level as her clients. She conducted group therapy as well, so clients could form a sense of safety, and community together.

Recognizing the systemic oppression her clients faced, Childs centered that understanding in her work; calling out the anti-blackness, sexism, and homophobia her clients experienced, acknowledging the circumstantial and mental as interconnected. Childs' approach to therapy revolutionized the way psychologists understand mental health, and their own approaches to work with clients, **as a way to not only address the personal, but also uncover the social and political as well.**

To learn more about E Kitch Childs, [click here](#). And find more info on Black History Month 2022, [here](#).

WANT TO LEARN MORE?



Hosted by Bri Montgomery, "**Yo, This Can't Be Life**" educates Black women on health and wellness. Bri explores everything from coping with chronic illness, to reproductive health, nutrition, skincare, and holistic medicine.

Learn about the importance of Doulas, Black pioneers in Medicine, Henrietta Lacks, the cultural significance of soul food and more on the [National Museum of African American History and Culture Website](#).



Learn more about 10 Black LGBTQ+ community members who openly embraced their queerness, [here](#).



Dr. Harold "Woody" Neighbors speaks with Dr. Lonnie Joe about their clinical research findings on the risk factors of depression among black men, and small solutions men and their communities can implement to support mental health. Sharing their own personal experiences, Neighbors and Joe address the environmental, social and psychological factors that affect black men specifically.