



Indigenous Knowledge Systems in Ugandan Psychological Practice: An Ethnographic Exploration

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Abstract

Indigenous Knowledge Systems (IKS) in Uganda are underexplored within psychological practice, despite their significant role in traditional health and social contexts. This study employed ethnographic research methods, including participant observations, semi-structured interviews with 15 Ugandan psychologists, and thematic analysis of collected data. Participants reported a strong preference for incorporating IKS into their practice to enhance client engagement and cultural relevance. Themes emerged regarding the integration of traditional healing practices such as herbal remedies and spiritual rituals in contemporary psychological interventions. The findings suggest that integrating IKS could improve therapeutic outcomes by fostering greater client trust and cultural sensitivity, warranting further research and policy consideration. Psychologists should be encouraged to engage with local IKS communities to better understand their practices and potential synergies. Policy makers may consider promoting cross-cultural training programmes for psychologists practicing in Uganda.

Keywords: *African geography, Indigenous Knowledge Systems, Ethnography, Cultural psychology, Anthropology, Qualitative analysis, Community engagement*

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