



Gender Dynamics in Malian Psychology: An African Perspective on Sociocultural Influences

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Abstract

Mali is a Sub-Saharan African country where gender dynamics significantly influence various aspects of life, including psychological well-being and mental health. The analysis is based on secondary data sources including academic journals, reports from international organizations, and national surveys conducted in Mali over the past decade. The findings underscore the importance of integrating sociocultural contexts into psychology training programmes to ensure that practitioners are equipped to address the unique challenges faced by their clients in Mali. Psychological services should adopt a culturally sensitive approach, incorporating traditional healing practices alongside Western psychological interventions. Training for psychologists and counselors should include modules on gender dynamics and cultural sensitivity.

Keywords: *Sub-Saharan, African, Sociocultural, Cognitive, Behavioural, Mindfulness, Spirituality*

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