



Indigenous Knowledge Systems in Psychological Practice Among Senegalese Communities

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Abstract

Indigenous Knowledge Systems (IKS) play a significant role in the psychological practices of various communities around the world, offering unique insights into human behaviour and mental health. The study employed a mixed-methods approach involving semi-structured interviews with community elders and psychologists. Quantitative data was collected through surveys administered to participants in urban and rural settings across Senegal. Findings indicate that IKS heavily influence treatment modalities, particularly in addressing traditional spiritual beliefs and cultural practices within psychological frameworks. The integration of indigenous knowledge systems into psychological practice is essential for enhancing therapeutic efficacy and relevance among diverse communities in Senegal. Healthcare providers should be encouraged to incorporate IKS into their training programmes, while policymakers should consider implementing guidelines that support this integration. Indigenous Knowledge Systems, Psychology Practice, Senegalese Communities

Keywords: *African, Senegalese, Cultural, Ethnopsychology, Qualitative, Empiricism, Anthropology*

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