



Indigenous Knowledge Systems in Ghanaian Psychological Practice: A Theoretical Framework

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Abstract

Indigenous Knowledge Systems (IKS) in Ghana encompass a rich tapestry of traditional beliefs, practices, and wisdom that have been integral to psychological healing for centuries. The development of the theoretical framework will draw upon existing literature on IKS, contemporary psychology theories, and qualitative data from interviews with traditional healers and practitioners. This theoretical framework provides a structured approach for psychologists working within Ghanaian settings to consider the integration of IKS, thereby promoting culturally sensitive and effective therapeutic interventions. Recommendations include training programmes for psychologists on incorporating IKS into their practice, alongside ongoing research to validate these approaches in empirical studies.

Keywords: *African geography, Cultural psychology, Ethnopsychology, Indigenous knowledge systems, Multidisciplinary approaches, Reflexive methodology, Traditional healing practices*

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