



Adorning Black Bodies: Race Narrative Therapy in Black Hair Care Spaces

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Given that black hair care spaces have always played an important role for the black community to talk about their lived experiences of racism in a safe environment, in this Spoken Word Publication, Dr. Afiya Mbilishaka talks about how she developed Psychohairapy and race narrative therapy as a response to the ways that racism and white supremacy have currently and historically targeted and weaponized black hair and bodies. By boldly questioning who and what are qualified to heal, Dr. Mbilishaka seeks to mobilize the already politicized nature of black hair care spaces by teaching black barbers and hair stylists narrative therapy practices designed to deconstruct stories of racism and to heal the embodied effects of racism through the adornment of black hair and bodies.

This publication is available in both video and audio format:

For video file click here:



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Selected Publications by Dr. Mbilishaka

Mbilishaka, A., Clemons, K., Hudlin, M., Warner, C. & Jones, D. (2020). Don't Get It Twisted: Untangling the Psychology of Hair Discrimination Within Black Communities. *American Journal of Orthopsychiatry*. <http://dx.doi.org/10.1037/ort0000468>

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Mbilishaka, A. (2019). Statement on Behalf of the Association of Black Psychologists on the Need for Hair Anti-Discrimination Laws. *Psych Discourse*, 53(1), 6-7.

Mbilishaka, A., Ray, M., Hall, J. & Wilson, I. (2019). 'No toques mi pelo' (don't touch my hair): Decoding Afro-Cuban identity politics through hair. *African and Black Diaspora: An International Journal*. DOI: 10.1080/17528631.2019.1639298.

Mbilishaka, A., Mitchell, D., & Conyers, C. (2019). Grandma's Hands: Memories of Hair Styling Interaction with African American Grandmothers. *Journal of Intergenerational Relationships*. DOI:10.1080/15350770.2019.1658008.

Mbilishaka, A. (2018). PsychoHairapy: Using Hair as an Entry Point into Black Women's Spiritual and Mental Health. *Meridians: Feminism, Race & Transnationalism*. 16(2), 382-392.

Mbilishaka, A. (2018). Strands of Intimacy: Black Women's Narratives of Hair and Intimate Relationships with Men. *Journal of Black Sexuality and Relationships*, 5(1), 43-61.

Mbilishaka, A. (2018). Black Lives (and Stories) Matter: Race Narrative Therapy in Black Hair Care Spaces. *Community Psychology in Global Perspective*, 4(2), 22-33.

