

It is past time for the minority community to delete the use of the term "nigger" from its vocabulary. Leading members of the black community have long sought to delete the use of the derogatory term from

anyone's vocabulary. It is demeaning and serves no value anywhere. The time is at hand to put an end to the degrading and useless term.



### Black Mind Rhythm

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(EVEN THE RAT WAS WHITE)

The fields of psychiatry and psychology are two professions that are the most distant and confusing (strange to Bilalian (black) people in America. Why is this so? Most Bilalians (blacks) in the south are very familiar with black medical doctors, dentists, lawyers, and preachers, but on the other hand they appear to have a strong dislike for psychiatrists, psychologists, counselors and social workers.

It is very common for Bilalians (blacks) to seek the services of black medical doctors, lawyers, and dentists when they have the need, as a matter of fact — they take them for granted. Even though there are still too few of these professionals, there are even less blacks found in the fields of psychiatry and psychology. According to one source, there are less than 10 black psychiatrists in the south and less than 150 in the United States. To my knowledge there is only a single black psychologist in full time private practice in the entire southeastern United States — Atlanta, Georgia.

The plain truth is that the doors to these two professions have been closed and they are only cracked today. Not only have whites been racist in controlling the educational institutions and direct delivery of services to the public, but blacks have been and are to a certain degree, also black racist. What I mean when I refer to blacks as also being black racist is not that they dislike and discriminate against whites, but the situation where they

actually like blacks, but at the same time, discriminate against other blacks. For those of you who disagree, I ask you to sit down and reflect. Blacks do not dislike themselves and never have, contrary to what you have been reading, inferiority complexes and racism are two different things. However, the point of this article is not to demonstrate the lack of support of blacks for other blacks, but to bring awareness to the black community of the value of putting your head (minds) in the hands of competent qualified black psychiatrist, counselors, psychologists, and social workers.

Many of you are having problems with your children in school and the report cards are not good. Teachers are telling you that your children are emotionally disturbed, then you seek outside help, only to be even more upset by what the counselors tell you. Where do you turn when you know that the labels do not fit?

In its long and ugly history in the United States, the field of mental health was and is dominated by white racism.

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but it is slowly changing. Unfortunately, black mental health workers are undergoing the same humiliating experience that black medical doctors, lawyers, and businessmen have had to undergo to prove that they are as good as whites. Yes, not only are these major professions underrepresented by blacks but even the laboratory rat is white. The black community must demand and use its own tax money and resources to insure that public programs designed to serve the mental health needs of black people include blacks not only on policy making boards but in the direct delivery of services. I would suggest that local neighborhoods, communities and churches form task forces to address this issue. The North Carolina Association of Black Psychologists would gladly assist you.

[For further information, please write to Dr. Ashanti, P. O. Box 19849, North Carolina Central University, Durham, North Carolina 27707]

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