



# Africa Centered Reality Therapy and Choice Theory

*Elijah Mickel*

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## **Africa Centered Reality Therapy and Choice Theory** Elijah Mickel

This book is based on a paradigm that historically as well as intuitively reaffirms therapists as healers. Its objective is to integrate theory and practice related to choice theory and reality therapy from an African-centered perspective. In the final analysis, the book is about the historical therapeutic reality of living as well as how to understand and use this reality.

In general, there has been a dearth of reality-based information on how to approach the healing process from a nontraditional paradigm. Therapy has a philosophical practice foundation based on individualization and dependence. Using the concepts which are implicitly individual focused, many therapists, although claiming a perspective of strength continue to use labels which are generally pathological.

Using an innovative therapeutic approach for intervention and prevention, the author presents a viable alternative for those who wish to work toward healing. This book includes a conceptual formulation of African-centeredness which infuses reality therapy as the practice base and provides examples of practice applications.

As a groundbreaking approach to therapy, this book also includes work with individuals, families, communities, and organizations. The writings, which follow a structure that is representative of a process of transformation from control theory to choice theory, collectively represent a paradigm shift from traditional non-cultural specific therapy to African-centered reality therapy.

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