

Book Titles

This is a personal collection of books I've chosen because they explore important themes like race, trauma, healing, history, and identity. These topics resonate deeply with my own life experiences. From growing up between Jamaica and the UK, facing health challenges and my own personal analysis, these books reflect what I've learned on my journey to becoming and working as a psychotherapist, along with what I've discovered through my own reading and research. This list isn't complete and will keep growing as I read more and find new titles. Together, they offer valuable insights into the strength and resilience of people of African descent and help me support others on their healing journeys. (Please note, most, if not all, of these books are available from independent booksellers, I've included Amazon links simply to save time)

- A Black Empathic Approach to Psychotherapy Growing from Rage to Compassion By Isha McKenzie-Mavinga This book presents the concept of a black Empathic Approach, an experiential model used as a means of developing powerful feelings associated with racism, such as fear, guilt, and rage, into a useful THERAPEUTIC tool for healing the intersectional impact of anti- black racism and associated oppressions. Retrieved July 3, 2026, from https://www.amazon.co.uk/Black-Empathic-Approach-Psychotherapy-Compassion/dp/1032767626/ref=sr_1_1?
- An African History of Africa by Zeinab Badawi. For too long, Africa's history has been neglected. Dominated by western narratives of slavery and colonialism, its past has been fragmented, overlooked and denied its rightful place in our global story. Retrieved July 3, 2026, from https://www.amazon.co.uk/African-History-Africa-Humanity-Independence/dp/B0CKC3L8ZK/ref=sr_1_1?
- Archetypal Grief: Slavery's Legacy of Intergenerational Child Loss ,by Fanny Brewster, is a powerful exploration of the intergenerational psychological effects of child loss as experienced by women held in slavery in the Americas and of its ongoing effects in contemporary society. It presents the concept of archetypal grief in African American women: cultural trauma so deeply wounding that it spans generations. Retrieved July 3, 2026, from https://www.amazon.co.uk/Archetypal-Grief-Slaverys-Legacy-Intergenerational-ebook/dp/B0GFNXL8Q5/ref=sr_1_1?
- Black and British: A Forgotten History by David Olusoga. Drawing on new research, original records and expert testimony, David Olusoga's Black and British shows us exactly why black history is not a separate or marginalized story, but an integral part of Britain's cultural and economic life. Retrieved July 3, 2026, from https://www.amazon.co.uk/Black-White-Penguin-Modern-Classics/dp/0241396662/ref=sr_1_1?
- Black Grief and Healing: Why We Need to Talk About Health Inequality, Trauma, and Loss edited by Yansie Rolston & Sir Patrick Vernon OBE "Black grief is unique - it really is and even when we experience collective losses, we grieve differently." An edited collection of essays creating a culturally-informed understanding of Black trauma, grief and loss
Discusses health inequalities, trauma, and grief in Black communities. Retrieved July 3, 2026, from https://www.amazon.co.uk/Black-Grief-Healing-Health-Inequality/dp/1839973277/ref=sr_1_1?

- Black Men, Trauma & Therapy edited by Helen P. George & Dwight Turner. Weaving these chapters together is the fundamental belief that how Black men are perceived and perceive themselves, how they behave and how they relate, is fundamentally shaped by the attitudes, expectations and assumptions of others. They are further impacted by Whiteness and the legacies of colonialism, migration and slavery, as well as their personal and intergenerational histories and heritages. Retrieved July 3, 2026, from <https://www.amazon.co.uk/Black-Men-Trauma-Therapy-Revolutionising/dp/1915220769>
- Black Skin, White Masks by Frantz Fanon. Frantz Fanon's urgent, dynamic critique of the effects of racism on the psyche is a landmark study of the black experience in a white world. Drawing on his own life and his work as a psychoanalyst to explore how colonialism's subjects internalise its prejudices, eventually emulating the 'white masks' of their oppressors, it established Fanon as a revolutionary anti-colonialist thinker. Retrieved July 3, 2026, from https://www.amazon.co.uk/Black-White-Penguin-Modern-Classics/dp/0241396662/ref=sr_1_1?
- Black Women, Trauma & Therapy edited by Helen P. George This powerful testimony to the growing confidence and reach of Black women's therapy in the UK today brings together leading theorists and practitioners to present their radical thinking and innovative work at the cutting edge of intersectionality. Its chapters are hard-hitting, incisive, challenging, shocking, lyrical and inspiring, often all at once. They cover a vast spectrum of issues impacting on Black women's mental health and wellbeing amid the ubiquity of racial and gender injustice, attacks and invisibility. Retrieved July 3, 2026, from <https://www.amazon.co.uk/Black-Women-Trauma-Therapy-Revolutionising/dp/1915220629>
- Working with Families of African Caribbean Origin: Understanding Issues around Immigration and Attachment by Elaine Arnold. In this book, Elaine Arnold examines the psychological impact that immigration had on these families, in particular with relation to attachment issues. She demonstrates that the disruption caused by separation from both family and country often had long-term traumatic consequences. Retrieved July 3, 2026, from <https://www.amazon.co.uk/Working-Families-African-Caribbean-Origin/dp/1843109921>
- Black Grief and Healing: Why We Need to Talk About Health Inequality, Trauma, and Loss edited by Yansie Rolston & Sir Patrick Vernon OBE "Black grief is unique - it really is and even when we experience collective losses, we grieve differently." An edited collection of essays creating a culturally-informed understanding of Black trauma, grief and loss
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- **Black Skin, White Masks** by Frantz Fanon. Frantz Fanon's urgent, dynamic critique of the effects of racism on the psyche is a landmark study of the black experience in a white world. Drawing on his own life and his work as a psychoanalyst to explore how colonialism's subjects internalise its prejudices, eventually emulating the 'white masks' of their oppressors, it established Fanon as a revolutionary anti-colonialist thinker. Retrieved July 3, 2026, from https://www.amazon.co.uk/Black-White-Penguin-Modern-Classics/dp/0241396662/ref=sr_1_1?
- **I Can't Breathe: George Floyd and the Legacy of Racism** by Mervyn Royce Weir. Artfully combining elegant poetry with beautiful and profound illustrations, this eye-opening tribute following the murder of George Floyd confronts the centuries of violence and exploitation which black and brown people have faced, and continue to face to this very day. Written to stir emotions and touch the hearts of readers everywhere, **I Can't Breathe** is equally a call for liberation and a piercing cry against the struggles the descendants of African and indigenous Peoples face around the globe. Retrieved July 3, 2026, from <https://lifesourcebookshop.co.uk/product/i-cant-breathe-can-8-minutes-46-seconds-change-the-world/>
- **Natives: Race and Class in the Ruins of Empire** by Akala. From the first time he was stopped and searched as a child, to the day he realised his mum was white, to his first encounters with racist teachers - race and class have shaped Akala's life and outlook. In this unique book he takes his own experiences and widens them out to look at the social, historical and political factors that have left us where we are today. Retrieved July 3, 2026, from https://www.amazon.co.uk/Natives-Class-Empire-Sunday-Bestseller/dp/1473661234/ref=sr_1_1?
- **Post Traumatic Slave Syndrome: America's Legacy Of Enduring Injury and Healing** by Joy DeGruy, Ph.D. In the 16th century, the beginning of African enslavement in the Americas until the ratification of the Thirteenth Amendment and emancipation in 1865, Africans were hunted like animals, captured, sold, tortured, and raped. They experienced the worst kind of physical, emotional, psychological, and spiritual abuse. Given such history, isn't it likely that many of the enslaved were severely traumatized? And did the trauma and the effects of such horrific abuse end with the abolition of slavery? Retrieved July 3, 2026, from <https://www.amazon.co.uk/Post-Traumatic-Slave-Syndrome-Americas/dp/0985217278>
- **The Big Payback: The Case For Reparations For Slavery and How They Would Work** by Lenny Henry & Marcus Ryder. At the abolition of the slave trade two centuries ago, the British government paid huge amounts of compensation to slave-owners. Only in 2015 did British taxpayers stop paying off this debt. How is it that slave-owners were paid compensation from our taxes, yet the enslaved and their families were not? Why should the descendants of former slaveowners still benefit from inherited wealth while the successors of the victims of slavery receive nothing, and may have even paid towards the debt of compensation through their taxes? Lenny Henry and Marcus Ryder explore the burning issue of how best can we resolve the inequality resulting from 400 years of the enslavement of African people and the ongoing racism still suffered by millions across the world. Retrieved July 3, 2026, from https://www.amazon.co.uk/Big-Payback-Reparations-Slavery-Would-ebook/dp/B0DZ72F7L1/ref=sr_1_1?
- **The Meaning of Freedom: And Other Difficult Dialogues** - City Lights Open Media By Angela Y. Davis (author) and Robin D.G. Kelley (author of introduction). In this

collection of twelve searing, previously unpublished speeches, Davis confronts the interconnected issues of power, race, gender, class, incarceration, conservatism, and the ongoing need for social change in the United States. With her characteristic brilliance, historical insight, and penetrating analysis, Davis addresses examples of institutional injustice and explores the radical notion of freedom as a collective striving for real democracy - not something granted or guaranteed through laws, proclamations, or policies, but something that grows from a participatory social process that demands new ways of thinking and being. Retrieved July 3, 2026, from https://www.amazon.co.uk/Meaning-Freedom-Difficult-Dialogues-Lights/dp/0872865800/ref=sr_1_1?

- The Race Conversation: An essential guide to creating life-changing dialogue (Paperback) By Eugene Ellis. "This book has been written to help us take an honest look at who we really are. It is here to help us dig deep. It is here to heal the nation. I'm no psychotherapist, but I get it." Benjamin Zephaniah Is it possible not to be confused about race? Is it possible to respond authentically to the hurt and discomfort of racism? The construct of race is an integral part of Western society's DNA and if we are to address the social injustice of racism, we need to have the race conversation. Retrieved July 3, 2026, from https://www.amazon.co.uk/Race-Conversation-essential-creating-life-changing/dp/1913494268/ref=sr_1_1?
- Therapy in Colour: Intersectional, Anti-Racist and Intercultural Approaches by Therapists of Colour (Paperback) Edited by Dr Isha McKenzie-Mavinga, Kris Black and Eugene Ellis. This collection covers topics such as the psychological trauma of racism, the various barriers to accessing support for mental health and the lived experience of Black, African, or Asian people in a profession that is still dominated by Eurocentric perspectives, training, and practice. Retrieved July 3, 2026, from https://www.amazon.co.uk/Therapy-Colour-Intersectional-Anti-Racist-Intercultural/dp/1839975709/ref=sr_1_1?
- Transforming Race Conversations: A Healing Guide for Us All (Paperback) by Eugene Ellis. If we are to address the injustice of racism, we need to have the "race conversation". All too often, however, attempts at this conversation are met with silence, denial, anger or hate. This is largely because the construct of race resides not only in our minds, but principally in the body. In order to have productive conversations about race and racism, a paradigm shift is needed—one which will empower us to remain present and embodied, rather than constricted with fear, regardless of our racial identities. Retrieved July 3, 2026, from https://www.amazon.co.uk/Transforming-Race-Conversations-Healing-Guide/dp/1324053895/ref=sr_1_1?
- Staying Power: The History of Black People in Britain by Peter Fryer Foundational work on Black British history. First published in the 80s, amidst race riots and police brutality, Fryer's history performed a deeply political act; revealing how Africans, Asians and their descendants had long been erased from British history. By rewriting black Britons into the British story, showing where they influenced political traditions, social institutions and cultural life, was—and is—a deeply effective counter to a racist and nationalist agenda. Retrieved July 3, 2026, from https://www.amazon.co.uk/Staying-Power-History-Britain-Political/dp/B0D7DVCKW1/ref=sr_1_1?