

**WHAT IS SUPPORTIVE PSYCHOLOGY? A PSYCHOLOGICAL PERSPECTIVE FOR  
AFRICAN SETTINGS**

**John Egbeazien Oshodi**

Transatlantic Enrichment and Refresher Institute, Miami, Florida  
e-Skills and Lifelong Learning and Professional Development Center

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**ABSTRACT**

This concise introductory paper introduces Supportive Psychology as an exploratory psychological theory that aims to explain how differences in vastly polarized and tribally conscious environments could improve or restore relations towards mutual multi-ethnic and linguistic understanding. This novel theory however needs further research and development.

**KEYWORDS:** Psychoafricalytic, Support, Psychology, African, Institutions, Ethnic

**INTRODUCTION**

Supportive Psychology is defined here as a form of collective alliance intended to understand the psycho-cultural, emotional, tribal, and social-cognitive tensions which are affecting a people of distinct components in cultural, ethnic, religious, linguistic, and environmental behaviors, and seek for possible solutions for the substantive management of the differences and help foster progressive interests of the people and nation.

Supportive psychology embraces the importance of understanding the unconscious and conscious manifestations of humans where psychological and cultural differences prevail significantly. Supportive Psychology find ways to reduce the conflicts to strengthen situations in the society.

From the lens of psychoafricalytic psychology, I believe that supportive psychology as an approach and technique can help issues and challenges affecting persons, groups, communities, institutions, and organizations, particularly in the African settings.

Supportive psychology could serve as a research and psychotherapy technique to explore the therapeutic alliances and differences in vastly polarized and tribally conscious environments.

Supportive Psychology could improve or restore relations towards mutual multiethnic and linguistic understanding. Nigeria is a West African nation and a highly populated multi-ethnic and religious oriented environment that could benefit from the reasons underlying the notion of supportive psychology.

The goal of supportive psychotherapy is to reduce or eliminate unfavorable cognitive and behavioral supportive negative effects in multiple ethnicities environments.

## **CONCLUSION**

Supportive psychology seeks to integrate various human mindsets stemming from psychodynamic and cognitive-behavioral- social processes to help reduce individual, cultural, organizational, and institutional conflicts in ethnic multiple communities. This novel theory however needs further research and development.

## **REFERENCES**

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