

## Psychotherapy and indigenous people in the Kingdom of Denmark

Greenlanders are the indigenous people of the Kingdom of Denmark. Through the study of literature, the authors conducted a preliminary investigation into the psychological and social problems of Greenlanders as well as the status of psychotherapy. The main type of therapy offered takes a Western cultural perspective, but the prevalence of culturally sensitive psychotherapy practices is increasing. The authors examined the traditional indigenous healing practice of the angakok (shaman), concluding that it is not a living tradition but can be traced from the indigenous Inuit culture alive in Greenlanders today. Three key areas for culturally sensitive psychotherapy practices are identified: (1) global, holistic, visual and bodily ways of learning, (2) community-based and collective practices, and (3) social values and the collective healing of broken social values (taboos). The authors concluded that more research is needed, along with the development of guidelines for culturally sensitive therapy for Greenlanders and the integration of indigenous practices and perspectives into psychotherapy.

**Forfatter:** Peter Berliner; Poul Bagge    **Type:** Article | Artikel    **Årstal:** 2021    **Emner:** Cultural sensitive practices; Indigenous healing; Social values    **Titel på tidsskrift:** Psychotherapy and Politics International  
**Volume på tidsskrift:** 1    **Nummer på tidsskrift:** 1    **DOI nummer:** 10.1002/ppi.1586

---