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Dr. Ifetayo Ojelade is a Licensed Psychologist and the author of *Sacred Healing Journey: Soul Food for Survivors of Abuse*. A trauma recovery workbook based on the title was adopted by the Clemency Project 2014, an Obama Administration initiative granting clemency to individuals who are incarcerated for non-violent drug offenses. As an expert on trauma recovery, she works as a keynote speaker and workshop facilitator globally.



Dr. Ojelade earned her doctorate in Counseling Psychology from *Georgia State University*. In addition, she completed a Bachelor's Degree in Business Administration at *Florida A&M University*. She was initiated to Òṣun and Ifá by Agbonbon Awo Osogbo Ifakayode Faniyi in Osun State Nigeria. As an initiated Egungun (ancestor) priest of 20 years, she focuses on effective methods for integrating indigenous African healing practices into psychotherapy.

Dr. Ojelade is the founder and Executive Director of *A Healing Paradigm, LLC*; a wellness center providing counseling, psychological testing, wellness and educational programming for the entire family. Additionally, she is the Principal of the *Ojelade Group*, a firm providing consulting services to public and private sector firms internationally.



A HEALING PARADIGM

ENVISION | MANIFEST | EXPERIENCE

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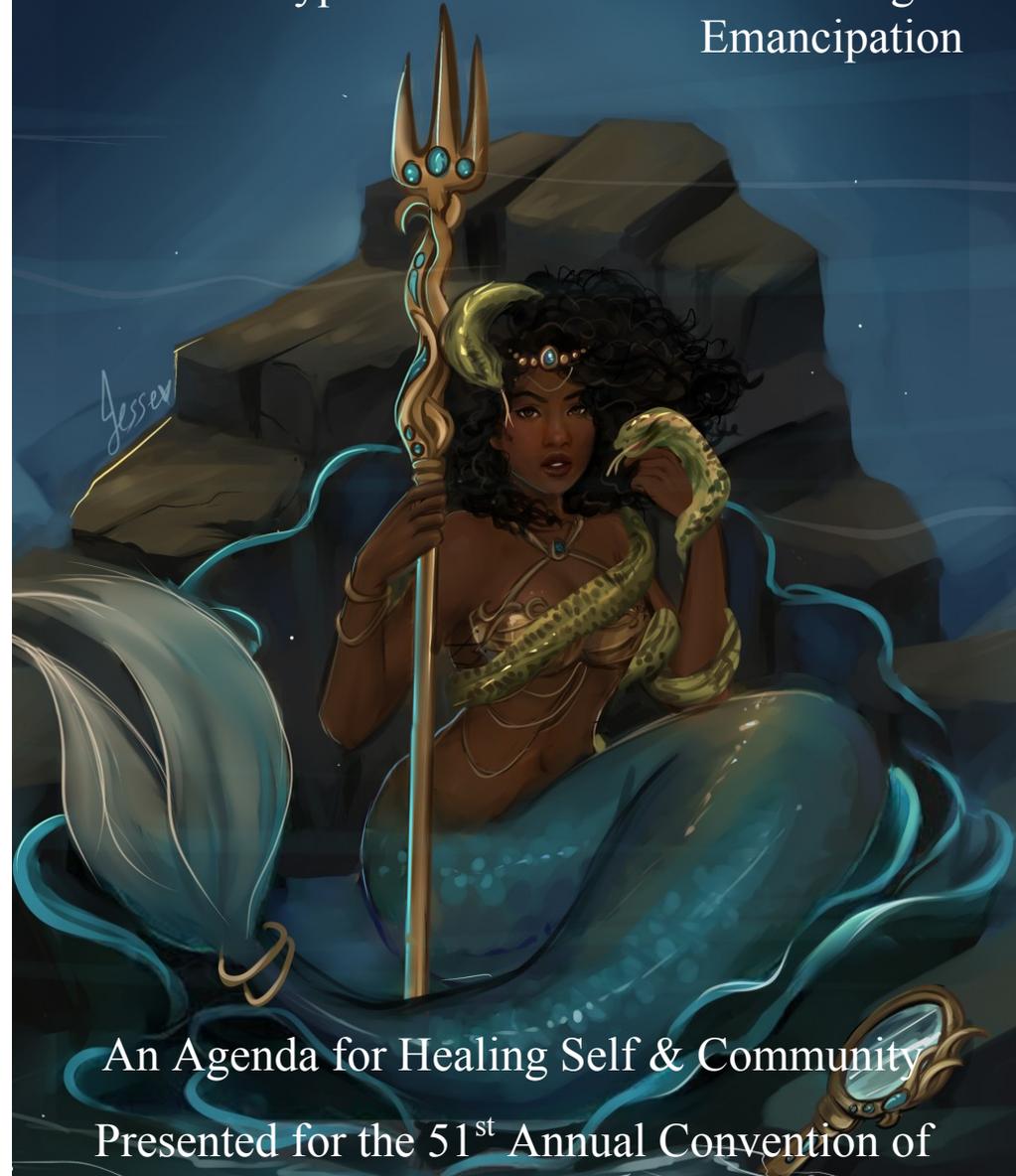
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16 Sacred Healing Principles

From Hyper Incarceration to Well-being & Emancipation



An Agenda for Healing Self & Community

Presented for the 51st Annual Convention of
The Association of Black Psychologists

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16 Sacred Healing Principles

1. **Sacredness** – Healing begins by honoring your mind, body, and soul as sacred and worthy of respect.
2. **Ìwà Pèlé** – Among the Yorùbá people there is the concept of ìwà pèlé, which is roughly translated to mean good character. Ìwà pèlé is a foundational concept suggesting a need for you to always act with integrity and make positive behavioral changes.
3. **Spirituality** –Decide how you want to nurture your spiritual side regardless of whether that includes involvement in a religious community.
4. **Release of the Ego** – Part of the healing process requires you to consistently make choices to release ego based decision making.
5. **Respect** – Consistently engage in actions reflective of respect for yourself, family, and community.
6. **Morality** – Become clear about the value system that defines right and wrong and use it to guide your behavior.
7. **Safety** – Emotional and physical safety are cornerstone for your healing. Begin building a safety net of trusted people with whom you can rely on during the healing journey.
8. **Community** – Identify who will be part of your community, whether it is biological and/or chosen family members.
9. **Vulnerability** – Being vulnerable includes taking risks and developing authentic connections with others.
10. **Resiliency** –Your resilience will enable you to navigate the successes and obstacles of this healing journey. When you think about giving up, remember that you have consistently demonstrated an ability to recover in the midst of obstacles.
11. **Non-Judgment** – Avoid judging yourself and others.
12. **Commitment** – Commit to your own healing.
13. **Authenticity** – Focus on nurturing authentic relationships with others.
14. **Reciprocity** – honoring the concept of reciprocity (give and take) ensures that you are consistently engaged in balanced relationships with others..
15. **Patience** –This is a nurturing process designed for your own good. Enjoy your experience along the journey.
16. **Truthfulness** –The healing process requires rigorous truth telling in a manner that is respectful of others. On this journey, ensure that you are truthful without unnecessarily wounding people simply to fulfill your need to tell the truth.

