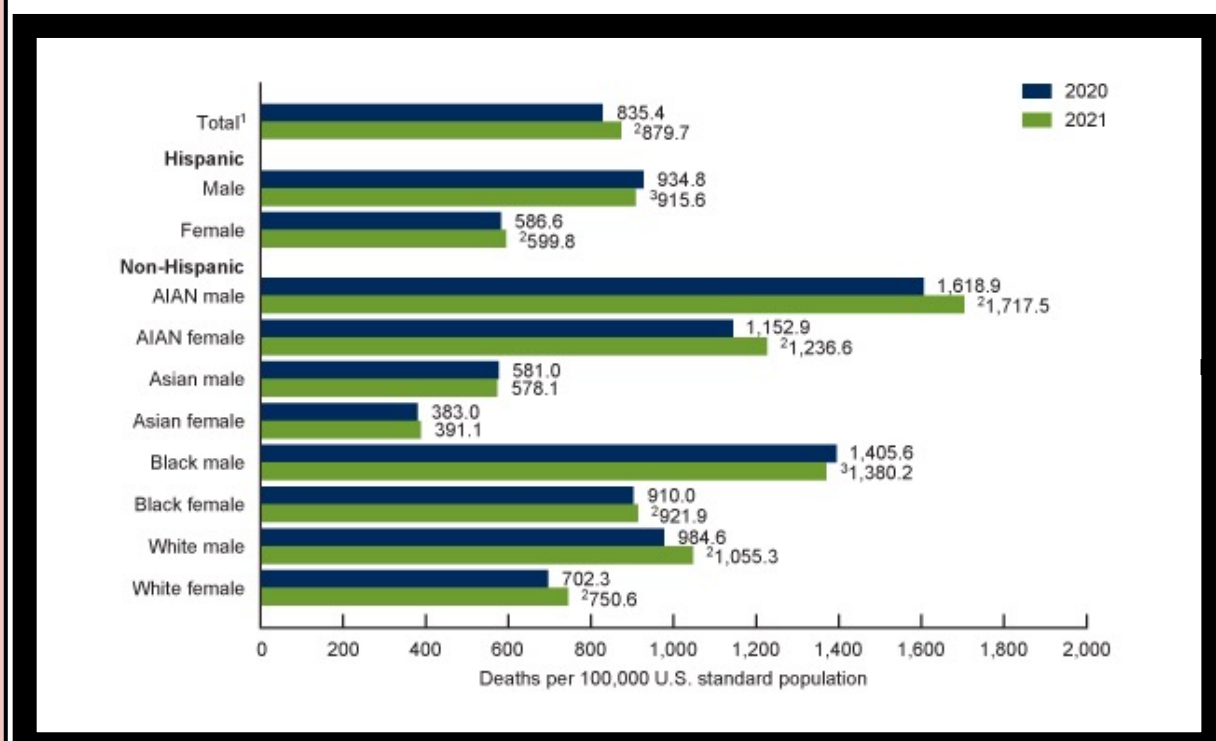


“BREAKING GENERATIONAL CURSES”: BLACK MALE MIND-BODY-SPIRIT PRACTITIONERS AND WELLNESS SPACES

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BACKGROUND



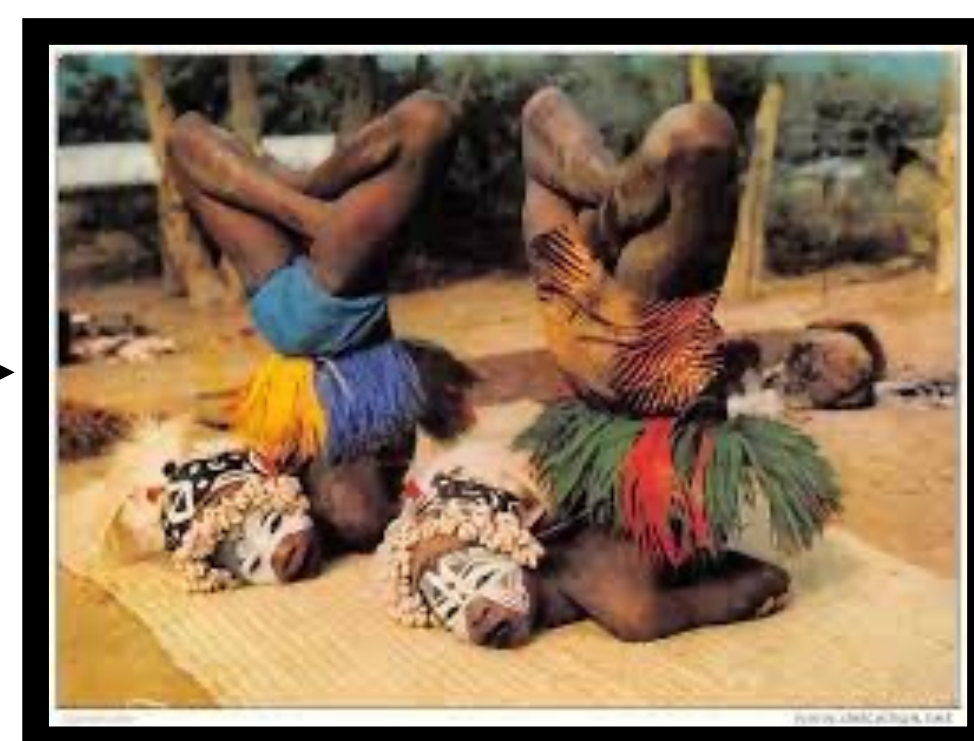
Black men continue to face health disparities in the U.S. (4, 5)



Mind-body-spirit practices (MBSPs) improve health and may reduce health disparities (1, 3)



U.S. MBSP spaces dominated by White women - representation a barrier to MBSPs for Black men (3)



Culturally specific MBSP spaces may influence Black men's MBSPs

QUESTION

How do Black male mind-body-spirit practitioners make meaning of their experiences and needs in wellness spaces?

METHOD



<https://www.ompractice.com/blackboysom/>

Community collaboration → mixed-methods case study

Purposive sample (18 Black male MBSP instructors) → individual interviews
Qualitative data analysis (hybrid codebook & reflexive thematic analysis)
Four categories of meanings



<https://www.jonathanmlassiter.com/spirit-lab>

RESULTS and DISCUSSION

THE NATURE OF MAINSTREAM MBSP SPACES

“... yeah, we were the only black people in that teacher training out of— it wasn't 50. It had to be like about 30 of us. 30 to 35 of us, and we were the only two black people in that training.”

BLACK MALE MBS PRACTITIONERS' NEEDS

“Getting a yoga cert-- I always wanted to be a yoga teacher at that moment -- but it was just too expensive for a college student or even somebody just fresh out of college that's just kind of just grinding it out. I didn't have 2,000.”

THE BENEFITS OF BLACK BOYS OM (BBO)

“As far as [Black Boys OM?] helping me ... for [Black Boys OM?], I would not have received a scholarship to complete my psychotherapeutic teacher training. So I'm truly grateful for that.”

“And so Black Boys OM is basically breaking generational curses, you know what I'm saying? It's making us take control of our health and our wellness and really, really respecting it so that we can be present for our families later on in life.”

REQUESTS FOR BBO

“More communities and, I mean, more national things. I live up in New York for the time being, and I'm not sure that they have had any events via [Black Boys OM?], but I'd be happy to be a facilitator of that [vicinity].”

MAINSTREAM MBSP SPACES

marginalization, isolation, barriers

BLACK BOYS OM

community, support, empowerment, inspiration, guidance

IMPLICATIONS

MIND-BODY-SPIRIT PRACTITIONERS

culturally aligned practice spaces, consistency

CLINICIANS

representation, cultural validation, flexibility, humility

RESEARCHERS

intersectionality, cultural influence on health outcomes

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