

Synergy, Healing and Empowerment

Insights from Cultural Diversity

RICHARD KATZ AND STEPHEN MURPHY-SHIGEMATSU



Too often in the West, valuable resources like healing and knowledge are in scarce supply, with access favoring those with power and prestige. A groundbreaking work, **Synergy, Healing and Empowerment** seeks an exciting, new alternative to that devastating situation. Focusing on the concept of synergy, we describe how valuable resources can expand and become renewable and accessible to all. As a result, the good of one becomes the good for all, and the whole becomes greater than the sum of its parts. Those previously denied access are now empowered, as they become active participants in the generation and utilization of valuable resources.

To better understand synergy, we respectfully turn to diverse cultural experiences beyond the Western paradigm, including eloquent teachings from Indigenous peoples such as the hunting-gathering Ju/'hoansi from the Kalahari Desert. In compelling narratives, we explore the creation of synergy in counseling, educational and community settings, whether it be training culturally sensitive counselors, encouraging teachers to be healers, emphasizing vulnerability in the education of health providers, or learning from Indigenous structures of women's talk. With insight and compassion, **Synergy, Healing and Empowerment** offers invaluable guidance in the pursuit of social justice and community health.

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