The Black Psychiatrists of America Presents

2026 TRANSCULTURAL CONFERENCE

NOVEMBER 12-15, 2026 | ACCRA, GHANA

From Roots to Restoration: Mental Health, Heritage, and Collective Healing

https://blackpsychiatrists.org/bpa-fall-conference



PRE-CONFERENCE
November 10-12
Ashanti Region

POST-CONFERENCE
November 16-18
Volta Region



Join the 2026 Transcultural Conference WhatsApp Community

TRAVEL TIPS

Health & Comfort

- Wear insect repellent and sunscreen.
- Drink bottled or properly treated water; use caution with ice.
- Pack a compact umbrella just in case.

Getting Around

- Use transportation arranged by BPA or your hotel.
- Uber and Bolt are available in Accra.
- Allow extra time for heavy traffic, especially during rush hour.

Money & Tipping

- Ghana's currency is the Ghanaian cedi (GHS). We recommend purchasing with the Cedi unless you are using a credit card.
- Credit cards acceptance is limited. Cash is accepted everywhere.
- Tipping is appreciated for good service. BPA will cover gratuities for sponsored events.

Local Etiquette & Customs

- Say hello and ask how someone is doing before conversing.
- Use your right hand when greeting people, exchanging money, or giving and receiving items.
- Dress modestly and professionally for religious sites and traditional ceremonies.
- Ask permission before photographing people or ceremonies.
- English is Ghana's official language, but you may also hear Twi, Ga, Ewe, and other Ghanaian languages.
- Be aware that Ghana has laws that impact LGBTQ+ travelers.

General Safety & Travel

- Enroll in the free U.S. State Department's STEP program to receive important safety updates.
- Keep valuables secure and avoid displaying expensive jewelry or large amounts of cash.
- Bring a Type G travel adapter for Ghana's UK-style electrical outlets. Check your devices' voltage ratings before use.
- Carry your passport, visa, and yellow fever vaccination certificate as required for entry.
- Do not bring cannabis, marijuana, or CBD products into Ghana; these can result in serious legal penalties.

WELCOME

Black Psychiatrists of America, Inc.

1629 K. Street, NW #300
Washington, DC 20006
info@blackpsychs.org
www.blackpsychs.org

November 28, 2026

Dear Colleagues, Friends, and Partners,

On behalf of the Black Psychiatrists of America, it is my distinct pleasure to welcome you to Accra, Ghana, for our 2026 International Conference. Gathering on the African continent represents a historic milestone for our organization and a powerful opportunity to strengthen connections among mental health professionals, scholars, advocates, and community leaders from across Africa and the global African diaspora.

This year's conference is guided by two complementary themes:

- Reclaiming Healing Spaces Through Human Anchoring: Psychological Safety, Collective Healing, and the Regulated Security Framework
- Stronger Together Than Apart: Psychological Safety, Courageous Dialogue, and Collective Healing in Divided Times

Throughout this conference, we will engage in courageous dialogue about the challenges affecting mental health across our communities, including trauma, social inequities, systemic barriers, workforce development, and access to culturally responsive care.

The growth and impact of the BPA continue to reflect the dedication, vision, and commitment of its members. Your contributions have strengthened our collective voice and expanded our influence in addressing the mental health needs of Black communities globally.

Thank you for joining us for this historic gathering. I look forward to the conversations, collaborations, and innovations that will emerge from our time together in Accra.

Sincerely,

Rahn Kennedy Bailey, MD
President
Black Psychiatrists of America

William Richie, MD
Forensic Associate Physician

Black Psychiatrists of America, Inc.

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October 21, 2026

Thank you for joining the Black Psychiatrists of America's Transcultural Conference in Accra, Ghana, West Africa. We are honored to gather on the continent that anchors our shared heritage, and we are excited about the programming ahead, which offers scientific insight into mental health across the African diaspora.

This gathering is more than a conference; it is a cultural exchange. Our goal is to learn from one another, to serve as a resource, and to create a ripple effect of knowledge and collaboration that endures for years to come. We hope the friendships and partnerships formed here will strengthen our collective efforts to advance mental health across the diaspora and the continent.

Experiencing Ghana's history, culture, and warmth firsthand lets us see the resilience and triumph woven into our story. For many of us, this is a return. Together, we illuminate a path toward greater empowerment through mental wellness and healing.

We hope this conference will be both an inspiring journey and a transformative learning experience, helping us all become better clinicians, scholars, and advocates for the communities we serve.

With gratitude and anticipation,

Napoleon B. Higgins, Jr., MD
Executive Director

Black Psychiatrists of America, Inc.

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October 25, 2026

The Scientific Program Committee is honored to welcome you to Ghana for the 2026 Black Psychiatrists of America, Incorporated Transcultural Conference centered on our theme: "**From Roots to Restoration: Mental Health, Heritage, and Collective Healing**"

As we gather in Ghana, a land of rich history, deep wisdom, and powerful legacy we must pause and take in what this experience means to us as Black psychiatrists. This space is intentional. A space where global clinical insight meets sacred cultural tradition. During this meeting we hope that you will examine how historical consciousness, communal strength, and biological research intersect to inform psychiatric practice across the African Diaspora. We anticipate that you all will engage in meaningful conversations, exchange perspectives, and build lasting professional partnerships and connections across continents.

Of course, A BPA meeting is always about more than the educational content, so we encourage you to fully immerse yourselves in the culture, landscape, and hospitality of Ghana.

As always, we are deeply grateful for your scholarship, your dedication to our shared mission, and your ongoing work to elevate culturally responsive, transformative care for the people we serve.

Thank you to our committee members, Dr. Ja'Nelle Blocker, Dr. Juandalyn Peters, and Dr. Mardoche Sidor for your service to the organization.

We look forward to your submissions for the spring 2027 meeting in Houston, TX!



Nicole B. Washington, DO, MPH
Chair, Scientific Program Committee



Danielle Hairston, MD
Co-Chair, Scientific Program Committee

Board of Directors



Rahn Bailey, MD
President



Napoleon Higgins, MD
Executive Director



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Stephen McLeod-Bryant, MD
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Juandalyn Peters, MD
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LaRissa Chism Buggs, MD
Region III Trustee
Midwestern



Lucy Ogbu-Nwobodo, MD
Region IV Trustee
Western



Wole Akosile, MD
Region V Trustee
International



Stacia LaRaé Hollingsworth, MD
Member-in-Training

PROGRAM

SCHEDULE

THURSDAY, November 12, 2026

- 10:00 AM-2:00 PM | **Virtual Check-in/Registration**
- 11:00 AM-2:00 PM | **Ghanian Seamstress Visit**
- 2:00 PM-6:55 PM | **Co-Conference with Psychiatric Association of Ghana**
- 7:00 PM | **Welcome Reception**

FRIDAY, November 13, 2026

- 7:00 AM | **Breakfast On Your Own**
- 7:00-9:00 AM | **Virtual Check-in/Registration**
- 9:00 AM-11:55 AM | **CME Sessions**
- 11:55 AM-1:30 PM | **Delgado Lecture & Luncheon**
- 1:30 PM-2:00 PM | **Presidential Symposium**
- 2:00 PM-7:30 PM | **Hospital Tour Excursion & Transportation**
- 7:30 PM-11:00 PM | **Dinner & Transportation**

SATURDAY, November 14, 2026

- 7:00 AM | **Breakfast On Your Own**
- 8:15-9:00 | **General Member Business Meeting**
- 9:00 AM-12:15 PM | **CME Sessions**
- 12:15 PM-1:15 PM | **Lunch/CME Session**
- 1:15 PM+ | **Accra City Tour Excursion**
- 7:00 PM-10:00 PM | **Dinner & Transportation**

SUNDAY, November 15, 2026

- 6:00 AM-6:00 PM | **Cape Coast Excursion**
- 7:00 PM | **Closing Dinner**

CHECK-IN

Virtual Check-In Instructions

Only attendees who are physically in Ghana may complete check-in virtually through Google Meet.

CHECK-IN HOURS

- Thursday | 10:00 AM-2:00 PM
- Friday | 7:00 AM-9:00 AM

HOW TO CHECK-IN

- Use your device to scan the QR code at the check-in table to join the Google Meet room.
- If you do not have a device capable of scanning QR codes or if you need additional assistance, you will still be able to check-in at the table on-site.
- Confirm your registration information, purchase additional excursion or dinner tickets, or ask questions.
- Once your check-in is complete, you will be directed to pick up your conference badge.

Please note: Virtual check-in is available only to attendees who are on-site in Ghana. Badges must be collected in person.

EXCURSIONS

Kumasi Heritage Pre-Conference Excursion

Fly to Kumasi and experience the vibrant Ashanti Kingdom. Visit a working cocoa farm, discover kente weaving, and experience a traditional naming ceremony. Rest at the Lancaster Hotel. The next day, explore Ntonso craft village, tour Komfo Anokye Teaching Hospital, visit Manhyia Palace and the King Prempeh II Museum, and browse the Kumasi Cultural Center before dinner and a final night at the hotel.

Friday Hospital Tour

Gain professional insights during guided afternoon tours of Accra Psychiatric Hospital and Korle Bu Teaching Hospital. Enjoy dinner, a presentation, and smooth jazz at the vibrant 233 Jazz Club.

Saturday Accra City Tour

Discover Ghana’s capital on a historical and cultural tour. Visit the W.E.B. Du Bois Center, trace the nation's independence at Dr. Kwame Nkrumah Memorial Park, explore Black Star Square, and browse the Arts Bazaar for local crafts and souvenirs.

Sunday Cape Coast Excursion

Travel early to historic Cape Coast Castle. A guided tour explores the solemn dungeons and powerful Doors of No Return and Return. Enjoy lunch and a restorative debriefing before returning to Accra.

Volta Region Post-Conference Excursion

Experience the breathtaking landscapes of the Volta Region. Visit the Tafi Atome Monkey Sanctuary, then hike the lush Agumatsa Forest Reserve to spectacular Wli Waterfalls. Bring a swimsuit and towel if you plan to swim! After an overnight stay in Ho, explore Amedzofe, visit Ho Teaching Hospital, and continue to Akosombo for dinner and a final night at the Royal Senchi Hotel. Enjoy a scenic morning cruise on the Volta River before returning to Accra.

THURSDAY

CME Sessions

Sessions held at Labadi Beach Hotel
CME Session Attire: Business Casual
Welcome Reception Attire: Dressy Casual

10:00 AM-2:00 PM | **Virtual Check-in/Registration**

11:00 AM-2:00 PM | **Ghanaian Seamstress Visit**

2:00 PM–2:30 PM | **Integrating Traditional, Faith, and Biomedical Systems Safely in Mental Healthcare** (30 minutes)

- Kwadwo Marfo Obeng, MBChB, MGCP

2:35 PM–3:05 PM | **Culture as Context, Culture as Care: Ghanaian Models of Mental Health in a Collectivist Society [NOT FOR CME CREDIT]**

- Akwasi Osei, MBChB, FWACP, FGCP

3:10 PM–3:40 PM | **Quality Improvement in Healthcare** (30 minutes)

- Vincent Agyapong, MBChB, MD, PhD

3:45 PM–4:30 PM | **Sankofa Psychiatry: Reclaiming History to Advance Black Mental Health** (45 minutes)
A Panel on Historical Trauma, Cultural Resilience, and Restorative Psychiatric Practice

- C. Freeman, MD, MBA; Ijeoma Ijeaku, MD; Yetunde Akins, MD

4:30 PM–4:45 PM | **Break**

4:45 PM–5:15 PM | **Scaling Mental Health Care with Few Psychiatrists: Ghana's Community Mental Health Model [NOT FOR CME CREDIT]**

- Eugene K. Dordoye, MBChB, FGCP

5:20 PM–6:05 PM | **An Afro-futurism of Psychiatry: Re-Grounding the Discipline in West African Epistemologies of Science** (45 minutes)

- Ijeoma Ijeaku, MD, MPH, DFAPA, DFAACAP; Daniel Novak, PhD; Onyinye Onwuzulike, MS4

THURSDAY

CME Sessions

Sessions held at Labadi Beach Hotel
CME Session Attire: Business Casual
Welcome Reception Attire: Dressy Casual

6:10 PM–6:30 PM | **Cannabis: It's More Than a Weed** (20 minutes)

- Emile Risby, MD

6:35 PM–6:55 PM | **Responding to Mental Health and Faith Needs of Immigrant Communities Under Stress** (20 minutes)

- Kenneth Rogers, MD

7:00 PM | **Welcome Reception (RSVP Required)**

- Location: Labadi Beach Hotel

FRIDAY

CME Sessions and Excursion

Sessions held at Labadi Beach Hotel
CME Session Attire: Business Casual
Hospital Visit Attire: Business Casual
Dinner Attire: Dressy Casual

7:00 AM | **Breakfast On Your Own**

7:00-9:00 AM | **Virtual Check-in/Registration**

9:00 AM–9:30 AM | **Collective Healing as We Preserve the Mental Health in Our Communities** (30 minutes)

- Sheritta Strong, MD

9:35 AM–10:05 AM | **Training the Next Generation: Leadership, Mentorship, and Sports Psychiatry as Pathways to Community Mental Health** (30 minutes)

- Ulrick Vieux, DO, MS, CPE, DFAPA; Derek Suite, MD

10:05 AM–10:35 AM | **ZOLA NGOLO: Bringing Us Home, Having Us Be Well** (30 minutes)

- Michelle O. Clark, MD

10:35 AM–10:50 AM | **Break**

10:50 AM–11:35 AM | **Stronger Together Than Apart: Psychological Safety, Courageous Dialogue, and Collective Healing in Divided Times** (45 minutes)

- Rahn Bailey, MD; William Richie, MD

11:35 AM–11:55 AM | **Lay Your Burdens Down: The Complex and Evolving Relationship Between Religion, Spirituality, and Psychiatry in the African American Experience** (20 minutes)

- William B. Lawson, MD, PhD, DLFAPA

11:55 AM–1:30 PM | **Delgado Luncheon & Lecture (Attendees only)**

- Location: Labadi Beach Hotel

FRIDAY

CME Sessions and Excursion

Sessions held at Labadi Beach Hotel
CME Session Attire: Business Casual
Hospital Visit Attire: Business Casual
Dinner Attire: Dressy Casual

12:15-1:30 PM | ***From Roots to Restoration: White Supremacy, Death Anxiety, and the Psychoanalytic Roots of Health Inequity.*** *(75 minutes)*

- Constance E. Dunlap, MD, DLFAPA; Ravi Chandra, MD, DFAPA

1:30-2:00 PM | **Presidential Symposium**

2:00 PM | **Board Shuttle & Depart**

3:00-4:00 PM | **Accra Psychiatric Hospital Visit**

4:00 PM | **Board Shuttle & Depart**

4:45-5:45 PM | **Korle Bu Teaching Hospital Visit**

5:45 PM | **Board Shuttle & Depart**

7:15 PM | **Brief Stop at Labadi Beach Hotel**

7:30 PM | **Board Shuttle & Depart**

8:00-9:00 PM | **Dinner**

- Location: 233 Jazz Club

9:00-10:00 PM | **Jazz Music & Fellowship**

10:00-10:45 PM | **Board Shuttle & Depart**

11:00 PM | **Labadi Beach Hotel**

SATURDAY

CME Sessions and Excursion

Sessions held at Labadi Beach Hotel
CME Session Attire: Business Casual
City Tour Attire: Snappy Comfortable
Dinner Attire: Dressy Casual

7:00 AM | **Breakfast On Your Own**

8:15-9:00 | **General Member Business Meeting**

- Bring your breakfast to the meeting, if desired

9:00 AM–9:45 AM | **From Roots to Restoration: Tabernanthe Iboga Heritage, Cultivation & Mental Health** (45 minutes)

- Linda Fuller, DO, MPH; Mikki King Barker, DO; Katrina Peters, MD

9:50 AM–10:35 AM | **Beyond Burnout: Where Do Black Physicians Go to Heal?** (45 minutes)

- Mardoche Sidor, MD; Kimberly Gordon, MD; Patrice Janell Holmes, MD; Lucy Ogbu-Nwobodo; Alysia Kemp, MD, FAAOS; Uchenna “Dr. Lulu” Umeh, MD, MBA, FAAP; Marjada Faith Tucker, MD; Stacia LaRaé Hollingsworth, MD

10:35 AM–10:50 AM | **Break**

10:50 AM–11:35 AM | **From Survival to Healing: Reclaiming Identity, Culture, and Connection in Black Mental Health Care** (45 minutes)

- Mardoche Sidor, MD; Annelle Primm, MD; William Lawson, MD; Constance E. Dunlap, MD, DLFAPA

11:35 AM–11:55 AM | **Whose Safety? How Service Users and Crisis-System Personnel Construct Safety in Mental Health Crisis Response** (20 minutes)

- Semir Bulle, MD

11:55 AM–12:15 PM | **Examining Holistic Behavioral Interventions for Sleep Disorders in Black Children with Attention Deficit-Hyperactivity Disorder (ADHD)** (20 minutes)

- Synia Adams

SATURDAY

CME Sessions and Excursion

Sessions held at Labadi Beach Hotel
CME Session Attire: Business Casual
City Tour Attire: Snappy Comfortable
Dinner Attire: Dressy Casual

12:15 PM–1:15 PM | **Lunch & CME Session (Attendees only)**

12:30 PM–1:15 PM | ***The AMANI Way: Ideas and Innovations in Culturally Affirming Care for Black Youth*** *(45 minutes)*

- *Josiah Osagie, MD, FRCPC; Samra Sahlu, MD, FRCPC; Sheilon Rogers, RN; Kevin Haynes, MSW, RSW; Semir Bulle, MD*

1:15 PM | **Board Shuttle & Depart**

1:30 PM | **Departure for Accra City Tour Excursion (Ticketed)**

- Stopping at:
  - Dr. W.E.B. DuBois Center for PanAfrican Culture
  - Kwame Nkrumah Memorial Park & Museum
  - Black Star Square

6:45 | **Brief Stop at Labadi Beach Hotel**

7:00 PM | **Board Shuttle & Depart**

7:20 PM | **Dinner**

- Location: Afrikiko Restaurant

9:30 PM | **Board Shuttle & Depart**

10:00 PM | **Labadi Beach Hotel**

SUNDAY

Excursion

No sessions at Labadi Beach Hotel
Cape Coast Attire: Snappy Comfortable
Dinner Attire: Cocktail

- 6:00 AM-6:00 PM | **Cape Coast Excursion (Ticketed)**
  - Boxed Breakfast
  - Departure to Cape Coast
  - Guided tour of Cape Coast Castle
  - Lunch Session
  - Return to Accra

- 7:00 | **Closing Dinner (Ticketed)**
  - Location: Labadi Beach Hotel

HISTORY

Ghana: A History

Introduction

Ghana sits on the Gulf of Guinea in West Africa, a country of coastal plains, forest belts, savanna, and the vast artificial Lake Volta. Its modern borders were drawn by colonial administrators, but the story of the people who live within them reaches back hundreds of thousands of years. It includes some of the oldest evidence of human life on Earth, the long development of farming and ironworking, the rise of powerful gold-trading kingdoms, centuries of entanglement with Europe and the Atlantic slave trade, and, in 1957, the birth of the first sub-Saharan African colony to win independence from European rule. This history follows that arc from deep prehistory to the present.

Human Origins and the Stone Age

Allhuman beings share an African origin. The hominin line separated from that of the other great apes in Africa some six to seven million years ago, and the genus Homo emerged there over two million years ago. Our own species, Homo sapiens, appeared in Africa roughly 300,000 years ago, with the earliest known fossils found at Jebel Irhoud in Morocco and others in East and southern Africa. Genetic evidence suggests that modern humans arose from interconnected populations across the continent rather than in a single valley, and that groups began leaving Africa in significant numbers about 60,000 to 70,000 years ago to populate the rest of the world. West Africa was part of this larger story, though its humid forests preserve fossils poorly.

The land that became Ghana holds clear traces of early toolmakers. Stone hand axes of the Acheulean tradition, associated with Homo erectus and later archaic humans, have been found in the Volta basin and elsewhere, and the Middle Stone Age brought finer flake tools made by anatomically modern people. By the Late Stone Age, after about 10,000 years ago, small bands of hunter-gatherers used tiny stone blades called microliths, fished the rivers and lagoons, and gathered forest products. Rock shelters and open sites, including those in the Accra Plains and the forest zone, record their camps. Climate swings shaped their lives, as the Sahara alternated between wet and dry phases and pushed populations southward into the savanna and forest margins.

Farmers, Ironworkers, and Early Societies

The next greatchangewasthe adoptionof foodproduction. Archaeologists identify the Kintampo complex, dating from roughly 3500 to 1500 BCE, as a pivotal moment in the region. Its sites in central Ghana show polished stone axes, distinctive pottery, permanent houses,

and the keeping of domestic goats and cattle, together with the use of oil palm and yams. Whether the Kintampo people were descendants of local foragers, migrants from the north, or a blend of both is debated, but their way of life marked the transition to settled farming in the region.

Ironworking spread across West Africa in the first millennium BCE and the early centuries CE, giving farmers tools that could clear dense forest and enabling larger and more stable settlements. The ancestors of the Akan, Ga-Adangbe, Ewe, and the northern Mole-Dagbani peoples developed their languages and institutions over this long period, and linguists generally place the origins of the Akan in the forest and its margins. Growth in population, trade in kola, salt, and gold, and the emergence of chiefs with ritual and military authority all pointed toward the formation of states. These societies were not isolated. Long-distance trade routes tied the Guinea forests to the Sahel and the Mediterranean world, and gold was the great magnet.

Gold, Trade, and the Meaning of the Name

The Akan goldfields, concentrated in the forest region between the Ankobra and Pra rivers and around the Offin, were among the richest in the Old World. Gold moved north through savanna market towns such as Begho, whose merchants dealt with Mande traders known as Wangara who carried it across the Sahara to North Africa and onward to Europe. Muslim merchants and scholars settled in northern trading towns, and Islam became established along the savanna routes long before the arrival of Europeans on the coast. By about the twelfth century the Bono state, centered on Bono Manso in the savanna-forest border, was a significant power, and in the fifteenth century the Mole-Dagbani states of Mamprusi, Dagomba, and Nanumba arose in the north, with Gonja founded by horsemen from the Mande world.

The name Ghana itself has an interesting history. The medieval empire of that name, also called Wagadu, flourished in the western Sahel, in what is today southern Mauritania and western Mali, hundreds of kilometers northwest of the modern state. The word comes from a title for its ruler, meaning war chief or king, and Arab writers of the eleventh century described its golden wealth. The country's leaders chose the name for the new nation in 1957 as a symbol of African greatness and continuity. It was a declaration of heritage rather than a claim of direct descent. Before independence the territory was known as the Gold Coast, a European label for the source of the metal that drew traders to its shore.

Europeans on the Coast

The first Europeans to arrive were Portuguese sailors, who reached the coast in 1471 and found gold in such quantity that they named the area A Mina, the mine. In 1482 they built the fortress of São Jorge da Mina at Elmina, the first permanent European trading post in sub-

Saharan Africa. At first the commerce was in gold, cloth, metals, and shells, but the relationship changed as sugar plantations spread in the Atlantic islands and the Americas, creating a vast demand for enslaved labor.

Other European powers soon challenged the Portuguese monopoly. The Dutch seized Elmina in 1637, and over the next centuries Danes, Swedes, Brandenburgers, and the British built a dense chain of forts and castles, among them Cape Coast Castle, probably the most visited today. By the eighteenth century the coast held dozens of such strongholds, more per mile than almost anywhere else in Africa. The Europeans did not control the interior; they paid rent and sought permission from African rulers, and African merchants and states dictated many of the terms. Yet the trade in human beings transformed the region. Millions of Africans were shipped across the Atlantic from West Africa, and many passed through the dungeons of the Gold Coast forts. African states gained guns and imported goods by selling captives taken in war and raiding, and the violence of that exchange reshaped politics, enlarged some kingdoms, and destroyed communities. Britain abolished its slave trade in 1807, and the Royal Navy later patrolled against it, but domestic slavery and other forms of dependency persisted for decades.

The Rise of Asante

In the seventeenth and eighteenth centuries, the Akan forest zone saw the rise of powerful states built on gold, trade, and military organization. Denkyira and Akwamu dominated the early period. Then, around 1701, Osei Tutu, ruler of the Kumasi region, united several small Asante chiefdoms and defeated Denkyira at the battle of Feyiase. Tradition holds that his priest and adviser, Okomfo Anokye, called a golden stool down from the sky, and this Golden Stool became the sacred embodiment of the soul of the Asante nation. It remains central to Asante identity today.

The Asante kingdom expanded rapidly in the following decades, absorbing or subordinating neighboring peoples and extending its influence to the coast and far into the savanna. It developed a sophisticated administration, with a council of chiefs under the Asantehene, a trained bureaucracy, a professional army, and roads that connected Kumasi to distant markets. Its wealth rested on gold, kola, and trade in enslaved people, and its artisans produced renowned goldwork, textiles such as kente, and brass weights. The conflict between Asante's ambitions and those of coastal peoples, particularly the Fante, who relied on British support, drew Britain into repeated confrontation. In 1824 an Asante army killed the British governor, Sir Charles MacCarthy, but in 1826 a coalition defeated the Asante at Katamanso.

British Colonial Rule

Britain took over from the other European powers gradually. The Bond of 1844, an agreement with Fante chiefs, gave the British a vague jurisdiction on the coast, and the Dutch and Danes

sold their forts in the 1870s. In 1874, after a British expedition under Sir Garnet Wolseley burned Kumasi, the Gold Coast was declared a Crown Colony. That same year the legal status of slavery was ended. Asante remained independent for another generation, but in 1896 the British occupied Kumasi and exiled the Asantehene, Prempeh I. When the governor demanded the Golden Stool in 1900, the queen mother of Ejisu, Yaa Asantewaa, led a final armed uprising. It failed, and in 1901 Asante was annexed, along with the northern territories, which became a protectorate. After the First World War the western part of German Togoland was added as a British mandate.

Colonial rule rested on indirect administration through chiefs, on exports of gold, timber, and above all cocoa, and on infrastructure built to move those goods. Cocoa arrived in the 1870s and 1880s, and farmers, notably the pioneer Tetteh Quarshie, spread it so successfully that by 1911 the colony was the world's leading producer. The railways, ports, and mission schools of the period created an educated African elite of lawyers, teachers, and merchants, who increasingly claimed a voice in government. The north, by contrast, was treated largely as a labor reserve and received far fewer schools and investments, a disparity whose effects are still discussed today. Resistance took many forms, from farmers' cocoa boycotts to newspapers and political associations.

The Road to Independence

After the Second World War the pressure for change grew. Thousands of Gold Coast soldiers had served overseas and returned to find high prices and few jobs. In 1947 a group of professionals and chiefs founded the United Gold Coast Convention and invited Kwame Nkrumah, a young American- and British-educated organizer, to serve as its general secretary. In February 1948 police fired on a march of ex-servicemen in Accra, and riots followed across the colony. The British detained the UGCC leaders, including Nkrumah, and then judged that reform was unavoidable.

Nkrumah soon broke with the cautious UGCC and in 1949 founded the Convention People's Party, which demanded self-government now and mobilized urban workers, farmers, and the young. A campaign of strikes and non-violent protest called Positive Action led to his imprisonment, but in the 1951 elections the CPP won overwhelmingly, and Nkrumah was released to head the government. A further election victory in 1956, and a plebiscite in which the people of British Togoland voted to join the Gold Coast, cleared the way. On 6 March 1957 the Gold Coast became independent as Ghana, the first colony in sub-Saharan Africa to win independence from European rule. Nkrumah told a vast crowd in Accra that the independence of Ghana was meaningless unless linked to the total liberation of the African continent.

Nkrumah and the First Republic

Ghana became a republic in 1960, with Nkrumah as president. He pursued rapid industrialization, free schooling, and new hospitals, and he built the Akosombo Dam on the Volta, completed in 1965, to supply electricity and create Lake Volta. He also made Accra a center of pan-Africanism, hosting liberation movements and conferences, and he helped found the Organisation of African Unity in 1963. The African American scholar W. E. B. Du Bois moved to Ghana at his invitation and died there that year. At home, however, falling cocoa prices, heavy spending, and mounting debt strained the economy, while Nkrumah's government jailed opponents without trial and in 1964 declared the CPP the sole legal party. In February 1966, while he was abroad, the army and police overthrew him.

Coups and the Return of Democracy

Thefollowing quarter century was turbulent. A military council gave way to an elected government under Kofi Busia in 1969, which was overthrown in 1972 by Colonel Ignatius Acheampong. Economic decline, corruption, and inflation marked the 1970s. In June 1979 a young air force officer, Flight Lieutenant Jerry John Rawlings, led a coup, executed several senior officers, and handed power to an elected civilian president, Hilla Limann, before returning in December 1981 at the head of a revolutionary council. Rawlings turned first to radical populism and then, facing economic collapse, to a World Bank and International Monetary Fund program of austerity and liberalization from 1983 that stabilized the economy at considerable social cost.

Under domestic and international pressure, Rawlings oversaw a new constitution in 1992 and won the elections that year and again in 1996. Ghana's Fourth Republic proved durable. In 2000 the opposition leader John Kufuor won the presidency, and the peaceful transfer of power became a landmark for African democracy. Further alternations followed: John Atta Mills in 2009, who died in office in 2012 and was succeeded by his vice president, John Dramani Mahama, then Nana Akufo-Addo in 2017, and Mahama again in the election of December 2024. Elections have often been closely contested, but the losers have generally accepted the results, and a free press and active civil society have become fixtures of public life.

Ghana Today

ModernGhana has a population of more than thirty million people, drawn from a number of ethnic groups, among them the Akan, Mole-Dagbani, Ewe, and Ga-Adangbe, with English as the official language and many local languages in daily use. Accra, the capital, and Kumasi, the Asante heartland, are its largest cities. The economy has long depended on gold, cocoa, and timber, and since commercial production began from the offshore Jubilee field in 2010, on oil as well. Ghana is now among Africa's largest gold producers. Growth has been uneven,

and a heavy debt burden led the government to default on much of its external debt in 2022 and to seek an International Monetary Fund program in 2023, followed by a period of restructuring and fragile recovery.

The country also looks back at its history with renewed attention. The slave forts at Elmina and Cape Coast, designated a World Heritage Site, draw visitors from Africa and the diaspora, and the government's Year of Return in 2019 invited people of African descent to reconnect with the continent. From the grassland villages of the north to the cocoa farms of the forest and the beaches of the coast, Ghana carries the layers of its long past: the deep human story of Africa itself, the kingdoms built on gold, the ordeal of the Atlantic trade, the struggle against colonial rule, and the continuing work of building a democratic state.

CME

National Medical Association

Black Psychiatrists of America Transcultural Conference
November 12-15, 2026
Ghana

Activity Overview/Description: This three-day live meeting will feature dynamic and enriching sessions and panel discussion on topics that include mental health and faith needs of immigrant communities, training the next generation and the complex and evolving relationship between religion, spirituality, and psychiatry.

Target Audience: This activity is intended for physicians.

Accreditation Statement:
The National Medical Association is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit Designation Statement:
The National Medical Association designates this live in-person activity for a maximum of **10.75** ***AMA PRA Category 1 Credits™***. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Learning Objectives:

- Formulate culturally responsive assessments utilizing transcultural diagnostic frameworks to accurately differentiate culturally specific idioms of distress from clinical pathology.
- Implement practice strategies by applying evidence-based, culturally relevant interventions.
- Evaluate the impact of Intergenerational trauma, historical roots of medical mistrust, and cultural heritage on modern psychiatric presentation in Black and African Diaspora populations.

Unapproved Use of Disclosure:

Please note that this activity may contain discussions of unlabeled uses of FDA-approved products, AND/ OR discussions of investigational products not yet approved by the FDA. Please refer to the official prescribing information for approved indications, contraindications, and warnings.

Summary of Planning/Faculty Disclosure:

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Instructions to Receive Credit: Participants must view the CME materials, attend the live activity and complete and submit the evaluation and complete and return CME attestation form.