

AFRICAN AMERICAN NONPROFIT LEADERS Champions for Nonprofit Excellence and Social Change.

Dr. Frances Cress Welsing



RELEARNING OUR AFRICAN AMERICAN HISTORY & CULTURE Dr. Frances Cress Welsing 1935 - 2016

- Psychiatrist Dr. Frances Cress Welsing is often described as the <u>Queen Mother of Black</u> <u>Consciousness and was noted</u> by the Los Angeles Times as "The first scientist to psychoanalyze white racism in the history of Western psychiatry, rather than focusing on the victims of racism."
 She earned a BS from Antioch College in and M.D. from Howard University. She went on to work as assistant professor of pediatrics at the Howard College of Medicine. Her first major article, *The Cress Theory of Color-Confrontation* (which would
 - eventually become <u>The Isis Papers</u>), helps us understand racism towards solving the mental health problems of black people.
- Welsing is known for being <u>an advocate for strong</u> <u>African American families</u>. Her work on improving the mental health of African Americans led to <u>a</u> <u>career in the field of race and cultural analysis</u>.
 Welsing's analysis of the impact of white supremacy was trenchant, hard-hitting and consistent. Scholars and "activists" in the Black community who knew Welsing and studied her work saw her as an unswerving champion for African Americans and lover of humanity.

I won't rest until black children are taught to love themselves as themselves.

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- Dr. Francis Cress Welsing

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Any person not interested in a definition, analysis and deeper understanding of worldwide white supremacy must have an interest (conscious or subconscious) in maintaining the same.

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- Dr. Francis Cress Welsing