

EUSTRESS THERAPY AND WELLNESS P.C.

HOLISTIC THERAPEUTIC WELLNESS AND CONSULTATION SERVICES



From the Desk of Dr. Mustafa Moyenda

To the Elders, Board of Directors and Membership Body:

I, Mkuu Mustafa Moyenda, with the grace of the creator and in the presence of our ancestors am humbled by being nominated and honored to accept the nomination for Mid-West Regional Representative of The Association of Black Psychologists.

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I received a Doctorate of Education from the Illinois School of Professional Psychology at Argosy University Chicago, studying Counseling Psychology with an emphasis in Counselor Education and Supervision; a Masters of Counselor Education in Community Counseling; a Bachelors of Arts in Oral and Written Communication with a minor in Black Studies; an Associate degree with a certificate in Basic Addictions Counseling.

I have been an independently Licensed Practitioner of the Healing Arts for 20 years (licensed clinical professional counselor; certified advanced alcohol and drug counselor; certified clinical supervisor and certified conflict manager)

I am a practicing clinician and educator who has worked all over the behavioral health field including: hospital, child welfare, community mental health, probation, private practice and academia. But I am proudest to be closing out my third year as a founder, partner and Chief Clinical Officer at Eustress Therapy and Wellness. During this same time, I have also served as adjunct faculty at a number of institutions but am happy to be currently completing my second year as a full-time Lecturer at Chicago State University teaching in the clinical mental health counseling graduate program.

I have served as Omega Psi Phi 10th District Assault on Illiteracy Chair and as a local chapter basileus (two terms graduate chapter, one term undergraduate). I also served as High Priest and Prophet for Al Hamid Temple #222 Ancient Egyptian Arabic Order Nobles of the Mystic Shrine.

I hold continuous membership with the Counselors for Social Justice (ACA) and the Sufi Psychological Association. Professional and Service accolades include nominations for: Omega Man of the Year; Adjunct Professor of the year (twice); and Faculty Advisor Recognition award (thrice)

My research interests and presentation include work in: Complementary and Alternative Methods for treating Stress related Psychological Disorders; Mental Health Disparities and Social Determinants of Mental Health; African-centered “out of school time” programming; as well as Social Justice and Advocacy within the Counseling Profession

In my approaching decade of affiliation with The Association, I have served: in the General Assembly; local chapter membership and governance (Board of Directors, by-laws revision chair); and as a National Committee Chair and co-chair (Strategic Planning).

I honestly do not believe that anyone actually wants to serve on the Board of Directors. I accept this nomination because in any cause that you are committed to there will be a time when the masses will call upon you to lead but only if you have made suitable proficiency as a follower. It is my belief that by virtue of this nomination the masses believe I have become proficient.

As Strategic Planning co/chair I have worked with and will continue to work with Fiscal Affairs and the Treasurer’s office to continue with the building of a solid financial infrastructure. ABPsi is growing rapidly and if our finances get out of hand we will sink just as fast. But the business side is not overshadowed by

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the personal side. We the Association of Black Psychologist must be true to our cultural core. We cannot just put forth an African centered ideology without it being a significant part of who we are and how we do business. My designs for this have been laid out in my Strategic Planning reports over the last two years and has been tested locally at the Chicago chapter and now I would like to take it to the Region.

Asante Sana

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