

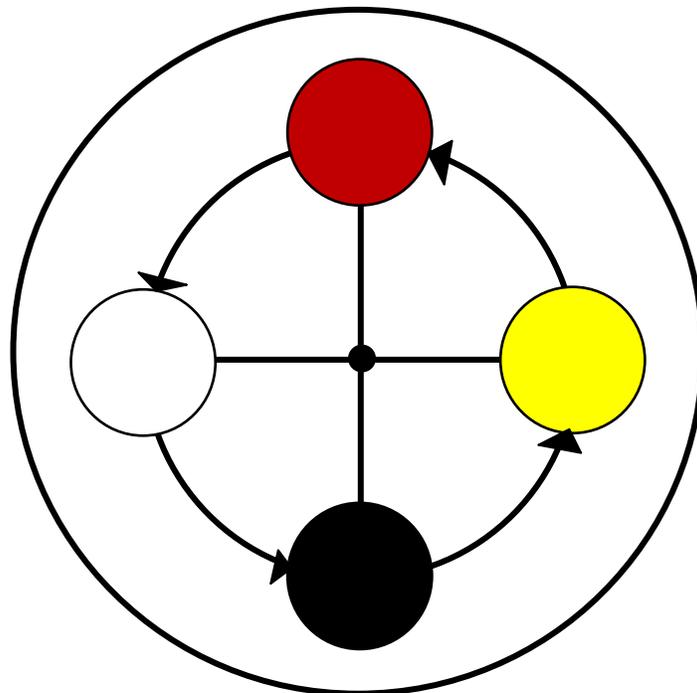
# AFURA

## *Whole Life Interventions*

**AFURA** (ah'-foo-rah') is an acronym for our *Whole Life* approach to interventions for Afurakani/Afuraitkaitnit (African~Black) clients, consumers, students, parents, individuals, etc. **AFURA** is a process used to assist our clients in the incorporation of *positive inherited* cultural values.

**AFURA** is a five-step process which replicates the cyclical unfolding of life as expressed through the **Per Ankh Nut** - our Afurakani/Afuraitkaitnit (African) *cosmogram* shown below. The colored circles within the cosmogram reference the cardinal positions of the Sun in its apparent cyclical movement. They also reference the *seeding, rooting, sprouting, flowering* and *harvesting* cycle of plant life replicated in five-steps of **AFURA**: *analysis, facilitation, underscoring, realization* and *adaptability*. Assisting our Afurakani/Afuraitkaitnit (African~Black) clients to incorporate *positive inherited* cultural values through employing the **AFURA** process prompts the unfolding of their awareness. Our clients are thereby empowered with a *Whole Life* approach to address the circumstances of life.

- seeding*     ○ *Analysis* of ancient Afurakani/Afuraitkaitnit (African) Ancestral values
- rooting*     ● *Facilitation* of client's self-discovery of innately held root values
- sprouting*     ● *Underscoring* the identity of client's innately held root values with ancient Ancestral values
- flowering*     ● *Realization* of root/ancient values as a direct genetic inheritance - inborn and indestructible
- harvesting*     ○ *Adaptability* of root/ancient values to address present life circumstances inclusive of racism



**ADEKYERE** (*trainings/instruction*) offered by **SANKOFADWUMA** cover:

**NKYINKYIM** – *Principled Adaptability:  
Individual Treatment Plans and the Cultural Spiritual Domain*

*The necessity of utilizing the Cultural/Spiritual domain for Afurakani / Afuraitkainit (African~Black) clients*

**NKWAMUA** – *Whole Life Journal*

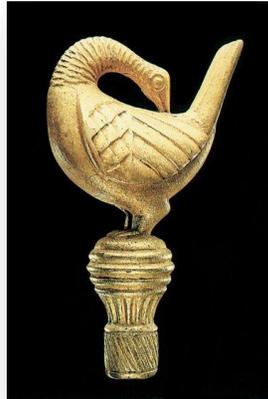
*Analysis of the contents of the journal and conveying the information to clients utilizing the **AFURA** process*

**AFURA** – *Whole Life Interventions*

*Implementing effective Whole Life interventions that enhance outcomes for our clients: Detailed discussion of the five steps of **AFURA** and the **Per Ankh Nut** cosmogram. Documenting effectively: Capturing interventions when drafting Progress Notes, Encounter Notes, Contact Notes, etc. for billing purposes.*

For more information or to schedule a training contact us at:

**[sankofadwuma@sankofadwuma.com](mailto:sankofadwuma@sankofadwuma.com)**



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