

# Quasi-Morticide

David Christopher Brown, Ph.D.



Recovering the Lost Center  
and the Art of the Good Conversation

by David Christopher Brown

With an Introduction by  
David Christopher Brown

# Quasi Morticide Self Destructive Behavior Reversing The Cycle In The African American Community

**Alvin F. Poussaint, Amy Alexander**



## **Quasi Morticide Self Destructive Behavior Reversing The Cycle In The African American Community:**

**Quasi-morticide** Catherine Smallwood, Gayle Shields, 1997      **Directory of Human Services for San Mateo County**, 2003      The Publishers' Trade List Annual, 1998      **Forthcoming Books** Rose Arny, 1998      **Steps to Enhance Love and Prosperity** Wharton Foster, 2009-12

victims require therapy and or support to overcome abuse and the self destructive behavior that ensues In other words victims have a tendency to hold negative survival skills after the abuse has stopped The ten step program will allow the African American community an opportunity to address issues and negative survival skills that impede our ability to thrive as a group Slavery and the pre civil rights era had a negative impact on the African American community Many of the negative survival skills used to endure this era are prevalent today The ten steps will give us the tools necessary to identify the subconscious behavior that has kept the African American community from thriving to our full potential This is particularly true economically speaking The ten step program will raise the level of consciousness necessary to improve and thrive The steps will discuss methods and behaviors necessary to maximize the Black dollar bill in the Black community for a longer period of time The ten steps will also discuss methods of empowering Black communities when resources are limited The steps will discuss ways of utilizing individual knowledge as group resources and how to compensate for a lack of resources through increased knowledge We must remember love is our most powerful resource Enhancing group love will improve our ability to achieve goals Our group love will hopefully spill over into other communities abundantly      *Lay My Burden Down* Alvin F. Poussaint, Amy Alexander, 2000 A prominent African American psychiatrist and an award winning journalist both of whom lost siblings to suicide offer *Lay My Burden Down* as an essential response to a national emergency      The Undoing Of the African American Mind Psy D Wallace, PH D, 2020-08-06

During the 1960s the world of psychology experienced a significant shift in paradigms as far as treatment methodologies are concerned At a time in which dynamic theory was monolithic and psychoanalysis was the predominant method of treatment Aaron T Beck introduced his cognitive theory which focused on the power of cognitive distortions to influence perceptive reality in patients who were suffering with mental disorders especially in the area of depression While the theory of cognitive dissonance preceded Beck s cognitive theory by more than a decade it was Beck who made the connection between erroneous and ill advised behavior and distorted cognitions I propose that negative cognitive distortions of African Americans unit of analysis which originate from a number of systematic influences sets up a dynamic process that includes an increase in interpersonal and structural violence an inability to react in a timely fashion to patterns of threat or opportunity and a cycle of fragmentation as a result of the first two I present the Collective Cognitive Bias Reality Syndrome Theory as the explanation for this behavioral phenomena I further propose that it is cognitive distortions that negatively impact the social mobility and functionality of African Americans in key areas such as economic unity education family structure etc Through establishing the direct connection between thoughts and behavioral patterns in humans the behavior of African Americans that can be

attributed to its lack of collective mobility and basic functionality will be assessed to determine their source. The method used to evaluate and develop my proposed hypothesis will be primarily exploratory inductive, consisting of the evaluation of extant empirical data and the clinical and social observation of contemporary African Americans while comparing contemporary behaviors in juxtaposition to behaviors from previous generations in order to measure certain unidimensional and multidimensional constructs that offer an explanation for certain abstract phenomena. Ultimately, my theory suggests that poor mobility and dysfunctionality is the result of an erroneous belief system sustained by cognitive distortions that actually serve to underwrite the perpetual cycle of destructive behavior that leads to perpetual dysfunction. It is proposed that these distortions have two primary origins: White Supremacy Racism as it is defined here and the cyclical perpetuation of distorted views stemming from the American Slavery Experience. Additionally, during the course of my research, intergenerational trauma and the numerous mediums through which it is transmitted was determined to be a constant element of influence in the dysfunctionality and erroneous behavior of African Americans. I assert that addressing the cognitive distortions of the African American collective through systematic mechanisms that have the ability to positively impact their cognitive process; the positive thought process will inherently produce behavior that will be conducive to improving the mobility and functionality among the collective group in ways that can be effectively measured, monitored, and adjusted. Additionally, I will examine the origin of these cognitive distortions while submitting a scientific-based solution that can be effectively implemented and executed.

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