

The United Nations General Assembly
Re: The 2nd Permanent Forum on People of African Descent
May 29, 2023

Greetings to the President of The United Nations General Assembly, and all those who are present.

My name is Katurah A Bryant. A Licensed Behavioral Health specialist, Holistic practitioner, Mother, Grandmother, and Community Elder.

I identify as an African American, and ancestrally, a Child of the Diaspora.

I am the Creator of The ZOLA Experience a 7- Session Wellness Experience, a tool to address loss, trauma and the process of grief. "ZOLA" means to love; love of self, family, community and humanity.

To move forward, **we must** address the mental health and wellness of people of African Descent, and begin to heal from our traumas as a people. This is paramount.

From a trauma based lens, we understand that to foster healing we must create safe spaces to lend voice to validate our experiences.

This must be a global initiative.

The ZOLA Experience is a gentle introduction to the Mental Health and Wellness experience.

The 7-Sessions can be adapted to all situations, cultures, and orientations, and is lead by community facilitators.

Our data proves that it is impactful and it works.

The call to action:

1-The ZOLA Experience to be a permanent and supported intervention as a global healing tool for humanity.

2- The "Permanent Forum" to be just that: "PERMANENT".

The People of African Descent have endured over 500+years of colonization, generational trauma, oppression, a myriad of losses, and continue to experience assaults on a daily basis.

Recovery from "trauma" is an ongoing process.

The recovery process **even with interventions** can take decades.

Thank you.
Peace and Blessings.

I am:

Katurah A Bryant, LMFT, RN, LADC, NADA-RT

(Author: The ZOLA Experience A Journey of Recovery From Loss
The ZOLA Experience A Journal Journey For Life
Books are available on the website.

Creator: The ZOLA Experience 7-Session Wellness Experience
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