

Black Empowerment: perspectives of a group of Brazilian Occupational Therapy students

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In Brazil, much has been said about black empowerment from a perspective of individual and collective valorization. Faced with this, undergraduate students of the Occupational Therapy course (OT) of the Federal University of São Paulo (UNIFESP), met to discuss the meaning of the term. Purpose: To know from the perspective of a group of black students the meaning of the expression "black empowerment" and to reflect on the ways in which OT can use it as a therapeutic resource. Method: Cross - sectional, qualitative, exploratory and descriptive study. Ten undergraduate students from UNIFESP OT course, aged 18 to 57 (mean of 24.1) participated in the group, had more participants of the female gender (80%). The data were collected through the Black Empowerment Questionnaire, a form developed by the professor who coordinated the group, containing questions about self-acceptance and the meaning of the expression "black empowerment". Results: 70% of the participants answered that during childhood / adolescence they wanted to have another skin color; 80% other hair texture and 90% wished to look different during these periods of life. 80% consider themselves to be currently empowered blacks. On the expression "black empowerment", the categories that emerged were: acceptance, appreciation and pride of appearance; Knowledge about black history and culture; Fight and combat racial discrimination and collective social changes. Conclusion: Conceiving black empowerment as intervention strategies to rescue and strengthen the self-esteem of the Brazilian black population can be configured into an important therapeutic resource for OT along with this population.