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Dr umar johnson school psychologist

Dr. Umar Abdullah-Johnson, a renowned expert in the education and mental health of Afrikan and Afrikan-American children, brings a wealth of knowledge as a Doctor of Clinical Psychology and Certified School Psychologist. As a paternal descendant of Frederick Douglass and Bishop Alexander Wayman, Dr. Umar has a rich family history that informs his work. He specializes in identifying mis-diagnosed learning disabled and ADHD students, a passion reflected in his book "Psycho-Academic Holocaust: The Special Education and ADHD Wars Against Black Boys." This groundbreaking publication offers strategic guidance for Black parents to navigate the education system. Dr. Umar's credentials are impressive, with degrees in education and political science, making him one of the most sought-after speakers globally. His work takes him across continents, spreading awareness on Pan-Africanism – a movement emphasizing unity among people of African descent. As the President of the NATIONAL MOVEMENT TO SAVE BLACK BOYS, Dr. Umar advocates for African-centered education, mental health, and addressing educational inequality in Black communities. Dr. Umar Johnson is a renowned expert in education, specializing in the needs of Black children with learning disabilities or emotional and behavioral issues. With years of experience, he has been an advocate for educational reform, focusing on the unique challenges faced by Black students. He is known for his opposition to misdiagnosing Black children with learning disabilities and overprescribing medication. Dr. Johnson has made significant contributions to creating an African-centered educational model, which aims to provide a culturally relevant education that fosters self-esteem, critical thinking, and leadership skills in Black boys. His FDMG Academy is designed specifically for this purpose, offering an environment where Black children can receive a well-rounded education that prepares them for the challenges of society. As a clinical psychologist, Dr. Johnson has addressed the mental health challenges affecting the Black community, particularly highlighting the impact of trauma, systemic racism, and poverty on mental health. He encourages Black families to seek culturally appropriate mental health care and organizes workshops to raise awareness about mental wellness. Dr. Johnson tackles the issue of overrepresentation of Black boys in special education programs and misdiagnosis with conditions like ADHD and ODD. He advocates for community-based interventions, mentoring programs, and culturally appropriate teaching methods as alternatives to traditional special education placement. His work emphasizes parental involvement in educational and mental health decisions, providing workshops and lectures on topics such as advocacy, avoiding misdiagnosis traps, and addressing mental health issues within families. Dr. Johnson advocates for inclusive education and health decisions, drawing inspiration from Pan-Africanism's emphasis on solidarity among people of African descent. He encourages the Black community to embrace their heritage and identity, much like Marcus Garvey did in the early 20th century. By promoting unity and collective well-being, Dr. Johnson inspires the Black community to come together and create solutions for their shared prosperity. Despite facing controversy over his fundraising efforts and strong stances on social issues, Dr. Johnson remains committed to uplifting the Black community through education and mental health advocacy. Growing up, I was heavily influenced by my parents' contrasting personalities, with my father instilling discipline and my mother fostering compassion in me. My dad, a drill instructor in the United States Marine Corps, taught me the importance of structure and self-control, while my mom's caring nature helped me develop empathy for others. This blend of traits has benefited me throughout my life and career. I credit my parents with shaping my values and work ethic, which have allowed me to achieve success and make a positive impact on children in need. My educational journey took an interesting turn when I graduated from college and was accepted into Hahnemann University's Master's program in clinical psychology. However, instead of pursuing that path, I decided to return to my undergraduate institution and became a resident hall director at Millersville University. This decision ultimately led me to pursue school psychology certification, which has put me in a strong position to help children and make a meaningful difference in their lives. I reflect on my journey as a school psychologist, having completed my Masters degree in 2000, just two days shy of my 25th birthday. Now, at the age of 40, with God willing, it has been about 15 years of serving as a school psychologist. My experience is deeply rooted in the Philadelphia school district, where I worked in the same schools I grew up in. It was there that I encountered the harsh realities of the school-to-prison pipeline, particularly in special education and ADHD. I recall questioning why I was constantly being presented with children who were labeled as "learning disabled" or "emotionally disturbed," only to see normal kids just like myself. The problem I saw was that these children simply hadn't received adequate education. As an intern at 25, I witnessed firsthand the devastating impact of misdiagnosis and medicalization on Black boys. These labels became a convenient excuse for schools to avoid responsibility, shifting the blame onto the child's supposed disability. I realized that this labeling was being used to marginalize an entire generation of Black boys. This realization sparked my crusade against such injustices. After six years with the school district, I couldn't continue in a role that went against my conscience. I resigned and became an assistant principal at a charter school in Philadelphia, where I had a profound epiphany – I could make more of a difference as a school principal than as a therapist. As a school principal, I impact the lives of 1,000 children every day, whereas therapists see only 40 patients per week. This realization led me to formulate a concept for opening my own school specifically for Black boys. Although I left both the school district and charter school due to unsatisfactory conditions, I wish I had stayed longer, knowing that white female teachers would have soon taken over and undermined the progress we were making. That's exactly what happened to me when I made the switch from being a school psychologist at a charter school to private practice. It was around 2007-2008, and I've been doing this ever since. Now, I travel around the country, mostly in Pennsylvania, evaluating kids for public schools, charter schools, parents, and attorneys. I do counseling, professional development, and everything in between as it relates to mental health and education for children. It's like flipping a coin - one day I'm an educator, the next I'm a school psychologist. Fast forward to my vision: establishing the Frederick Douglass Marcus Garvey RBG International Leadership Academy in Lawrenceville, Virginia. This will be a reality once I secure funding to purchase the historic St-Paul College campus, which sits on 135 acres of land that'll be developed for a school and various programs for Black boys. It's about creating change across the Diaspora. As a psychologist, I've learned that it's tough to change people - only 15% of those who come to therapy actually make changes. Bringing change to Black people is even more complex: we're dealing with inter-generational trauma passed down through our DNA. To break this cycle, we need commitment, discipline, and self-love. So, how do you bring about change? It's not just education - it's socialization. We were taught to hate ourselves through non-verbal cues, the ritual of pledging allegiance to flags, and worshiping those in power. This subconscious conditioning makes us believe we're nothing. That's what I mean by socialization over education. We are conditioned to believe we're inferior. If so, we must be retrained to believe in our superiority. This mindset shift led me to become an educator and open a school. "You can't fix what created the problem by using the same mindset that created it," Dr. Umar said. We need to work proactively, not reactively, with children to socialize them properly. The issue isn't the kids; it's our responsibility to raise them. Dr. Umar emphasizes the importance of Black history, but also recognizes the need for balance when addressing African people's needs: "History is crucial for rebuilding ourselves, but it must be instructional, not just celebratory." He believes in striking a balance between honoring and educating. The lack of urgency around our issues has led to complacency. We're more concerned with superficial things than taking action against threats to our existence. Dr. Umar suggests this behavior stems from Post Traumatic Slavery Disorder, which desensitizes us to our own dehumanization. We need to acknowledge and address our pain, not laugh it off. Our biggest obstacle is self-hate, also known as "the ego of the negro." This internal struggle prevents us from taking action despite having the resources, expertise, and support. Dr. Umar finds his passion in the 19th century, a time of great African achievement: Pan-Africanism, the Haitian Revolution, American slavery abolition, and the birth of the Black Womanists Movement. Hon. Elijah Muhammad was born during a transformative period in history, marking the beginning of many leaders' journeys and significant movements that continue to shape our world today. Although it's early to discuss his legacy, he shared with Dr. Umar that he wants to be remembered for trying his best, as reflected on his tombstone: "I GAVE IT MY ALL." He pours his heart into every lecture and event, driven by a desire to make a genuine impact on people's lives. Dr. Umar reflects on the weight of guilt that some carry due to their actions, acknowledging that he, too, has faced scrutiny over his personal life, including being single and having two children. However, he believes in openness and honesty, allowing him to live an authentic life. Despite the challenges, 99.9% of those who support him make their voices heard. As Dr. Umar approaches 40, he emphasizes the importance of focus on family, health, and life's priorities. He notes that those who truly believe in you will be your allies, while others will try to bring you down. The key is to stay committed to your vision and not let external negativity deter you. The interview also touches on Dr. Umar's personal growth journey, including learning patience and the value of wisdom from his elders. A poignant story shared by Dr. Umar highlights an elderly man who praised him for his unique energy and the trust he has in Dr. Umar's mission, saying, "You've been chosen for this day. You've been chosen for this time. Don't you let us down." Information about the Frederick Douglas Marcus Garvey RBG International Leadership Academy can be found at www.drumarjohnsonschool.com. Dr. Umar Johnson can be found on Facebook at www.facebook.com/pages/Dr-Umar-Ifatunde/, and he is also active on Twitter at @DrUmarJohnson and @DrUmarJohnson.

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