“Spirit-Body” travels through the world of traditional African medicine. It documents how traditional healers in Mozambique perceive and treat psycho-sociological illnesses, showing the internal logic of the traditional healing system through diverse treatments and explanations.

It shows how healers apprehend the major traditional sources of disease in Mozambique: the ancestors, the spirits and witchcraft, some of the basic categories in traditional healing practices in Sub-Saharan Africa.

“Spirit-Body” is not concerned with the effectiveness of the treatments, but tries to understand the approach taken by traditional medicine and documenting its practices against the background of the polarised debate between biomedical and traditional healers.

Dr. Isabel Parada Marques, a Mozambican pedo-psychiatrist, explains the logic and practice of traditional healing bridging the two forms of medicine. She argues that the two forms of medicine are complementary.

“Spirit-Body” supports the dialogue between the practitioners of the two kinds of medicines, which is of utmost importance for the effectiveness of prevention campaigns against AIDS in Sub-Saharan Africa. The diffusion of the film is useful for practitioners and decision-makers in the Biomedical sector to foster a dialogue between the two medicines.

Chapters of the film:
- Psychosocial treatment:
  - of mental disease (ancestors)
  - of war trauma (Spirits)
  - against witchcraft
- Training of traditional healers
- Debate between the two medicines.
Spirit-Body

A Film by Sophie Kotanyi

COOPIMAGEM Mozambique