

Anti-Racism Values at Therapy Changes

Therapy Changes stands in solidarity with those who are bravely protesting for justice for the murders of Ahmaud Arbery, George Floyd, Breonna Taylor, Tony McDade, Dion Johnson and the millions of black people who have died before them due to systemic anti-Black racism in our country.

We acknowledge systemic oppression, racial inequality, and the misuse and abuse of privilege, and power in our society. These acts have a harmful impact on the mental well-being of all Americans, especially the Black community, and adds to the collective trauma that Black people endure in response to police brutality and everyday racial discrimination and bias against them.

As individuals and as a team we are committed to respond to and learn alongside movements for racial justice. We commit to facilitating ongoing healing conversations with ourselves, our team, our community and in our work as mental health professionals. We believe that together, we are stronger.

The Therapy Changes [Family](#),

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