

Anti-Racism Values at Therapy Changes

Therapy Changes stands in solidarity with those who are bravely protesting for justice for the murders of Eric Garner, Michael Brown, Tante Parker, Tamir Rice, Walter Scott, Ahmaud Arbery, George Floyd, Breonna Taylor, Tony McDade, Dion Johnson and Daunte Wright and the millions of Black people who have died before them due to anti-Black racism in our country.

We acknowledge the systemic oppression, racial inequality, and the misuse and abuse of privilege, and power that continues to exist in our society. Our hearts go out to families and communities who are impacted by hate crimes, acts of violence and religious discrimination. We realize the serious health effects of stress and collective trauma and the need for professional mental health services for vulnerable populations.

As individuals and as a team we are committed to respond to and learn alongside movements for racial justice, and bridge conversations around this painful time to our work as mental health professionals. We provide a safe environment for healing in the face of a full range of feelings, including sorrow, anger, and outrage, as well as empathy and compassion within ourselves and for others.

We see you and our hearts are with you.

The Therapy Changes [Family](#),

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