



Kathryn Grooms & Associates  
**PSYCHOTHERAPY**  
Therapy to Support Growth and Empower Change



A GUIDE FOR

# REPRESENTATION & HEALING

Exploring self care through validating experiences.



# HELPFUL TIPS

## 01

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### **Seek a therapist who represents you**

**Don't be afraid to ask the hard questions during a phone consultation.**

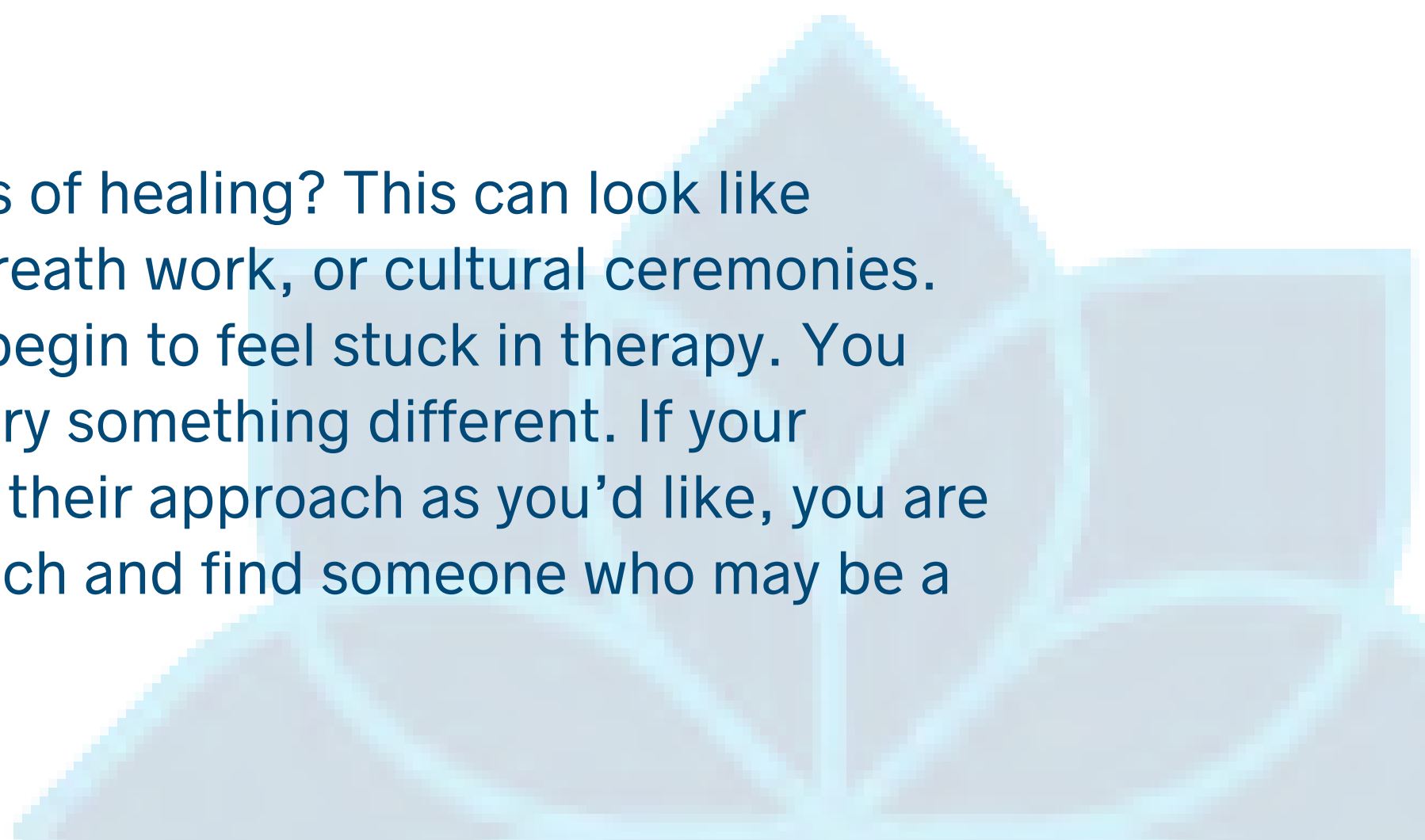
The first priority in therapy is safety, and you are allowed to ask these questions so that you can feel safe to be vulnerable and understood by your therapist.

Examples:

- Is this a space for me to process my racial trauma?
- What do you know about the struggles of someone who is transitioning?
- Would we be able to use ASL during our sessions?
- What is your experience with working with first generation clients?

### **Learn about how your therapist approaches therapy and their ability to collaborate with you**

Examples:

- Are they open to holistic ways of healing? This can look like acupuncture, energy work, breath work, or cultural ceremonies.
  - Check in with yourself if you begin to feel stuck in therapy. You are allowed to ask if you can try something different. If your therapist isn't as flexible with their approach as you'd like, you are allowed to reevaluate the match and find someone who may be a better fit.
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# HELPFUL TIPS



## 02

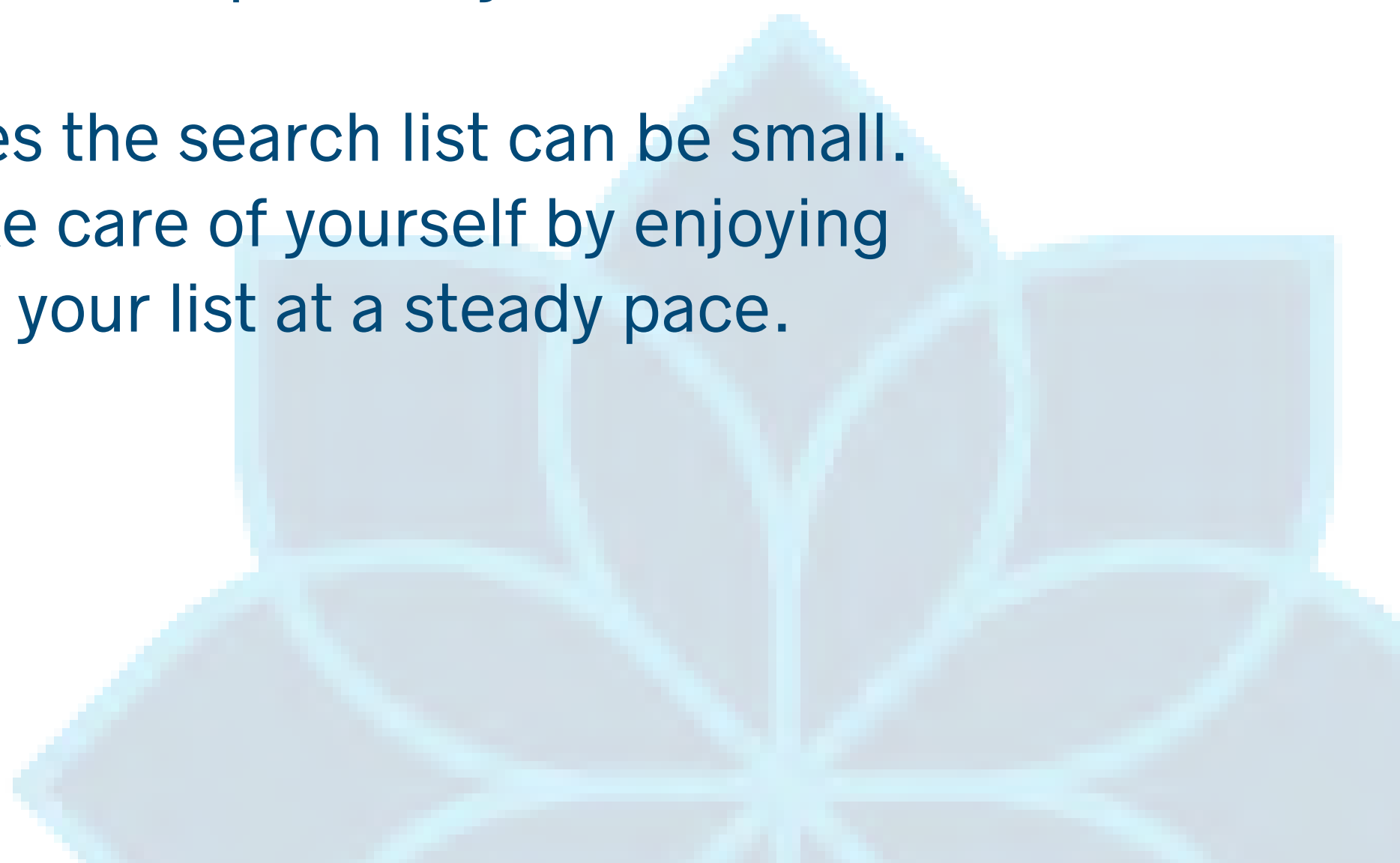
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### Curate your social media

**Seeing representations of our whole selves** (sexuality, race, ethnicity, disability, gender, etc.) **can physically calm our whole system.** It allows us to feel included – which is very important to any marginalized population, because feeling excluded increases our loneliness, stress, and anxiety.

- Follow accounts who represent various parts of yourself (ex. If you're a Black woman seeking therapy, following @therapyforBlackgirls is a great step to feeling seen and gaining guidance from Black professionals)
- Look for validating cinematic views of one's culture, disability, or sexuality
- Read books or listen to podcasts that represent your current stressors and highlight your resilience
- Listen to music from artists who represent you

This is tiring work as sometimes the search list can be small. Be sure to take breaks and take care of yourself by enjoying art that you love and adding to your list at a steady pace.



# HELPFUL TIPS


## 03

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### Find representation in your hobbies

**Whether you love working out, pampering yourself, or trying a new recipe, there are small yet significant ways you can feel connected to your community.**

#### Examples

- If you love makeup and skin care, try buying from brands like Nola Skin Essentials (a Black Owned skin care line), Cheekbone Beauty (an Indigenous makeup line), or People of Color (a Black owned nail polish brand)
  - If you love exercise, being sure to work with instructors who teach from a body positive, health at every size approach, and offer modifications for various different abilities (RockYourBodyOnline and NuSweat are great welcoming communities for all abilities and bodies)
  - If you love cooking, maybe it's taking the time to try an old family recipe, or learn how to make tamales, dumplings, or saag paneer. Working with our hands and nourishing ourselves with food from our culture can bring us closer to our communities, especially if they are far away
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# HELPFUL TIPS

## 04

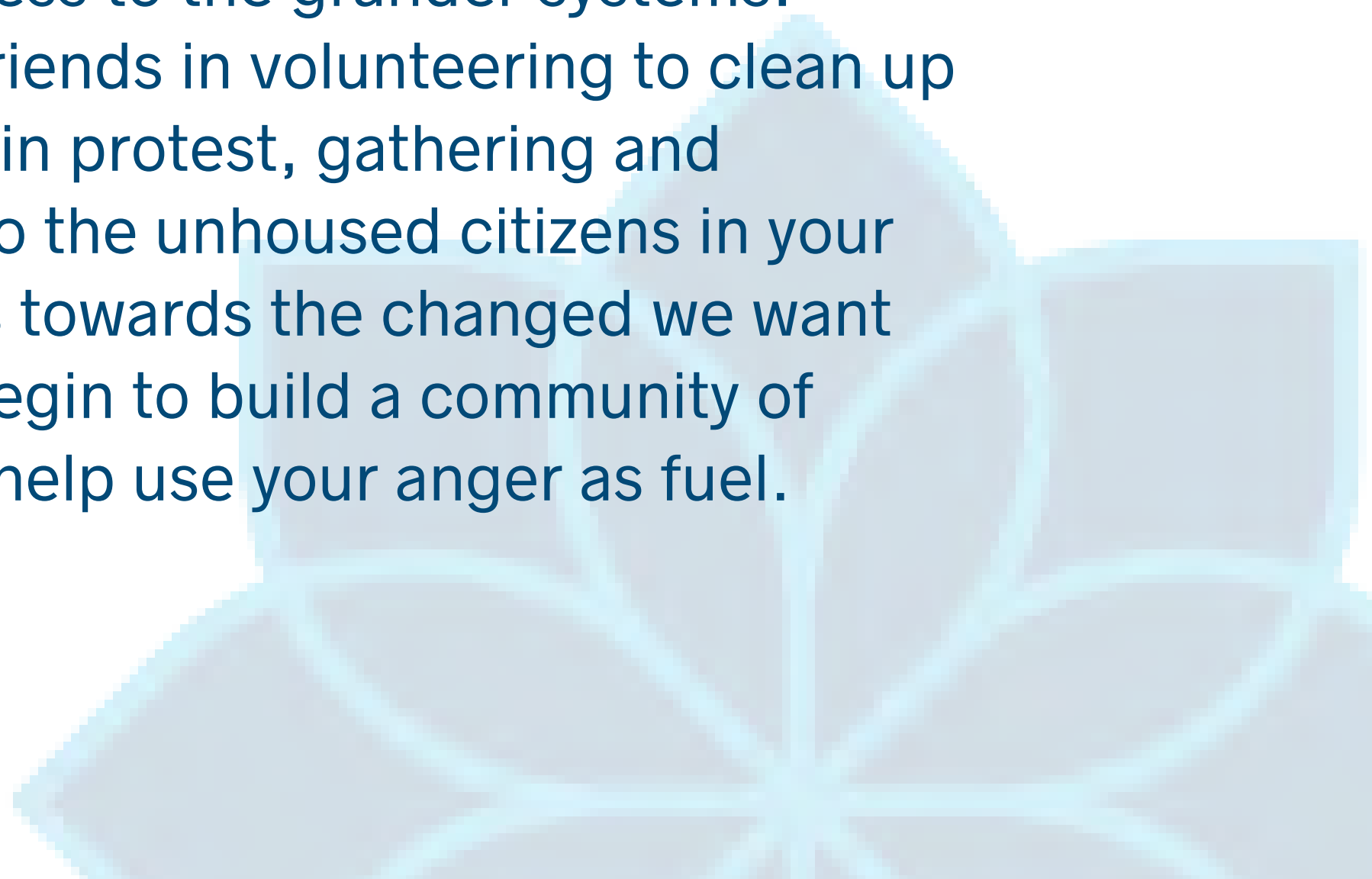
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### **Finding honest support groups**

#### **Discuss on-going political stressors with your friend group:**

- Something that helped me going through the Jan 6th insurrection was confiding in my friends all day and holding space for each other to feel all of our emotions. Times are still changing, and there is still unrest. Having a group or even just one person to speak honestly about our feelings allows us to not bottle them inside.

#### **Gather an activism group or join a community led organization or mutual aid in your neighborhood**

- Our anger and frustration often want a change to occur, but sometimes we feel so powerless to the grander systems. Getting involved with a few friends in volunteering to clean up the park, walking the streets in protest, gathering and donating meals and clothes to the unhoused citizens in your neighborhood, are all actions towards the changed we want to see in the world and you begin to build a community of action seekers and takers to help use your anger as fuel.
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# HELPFUL TIPS

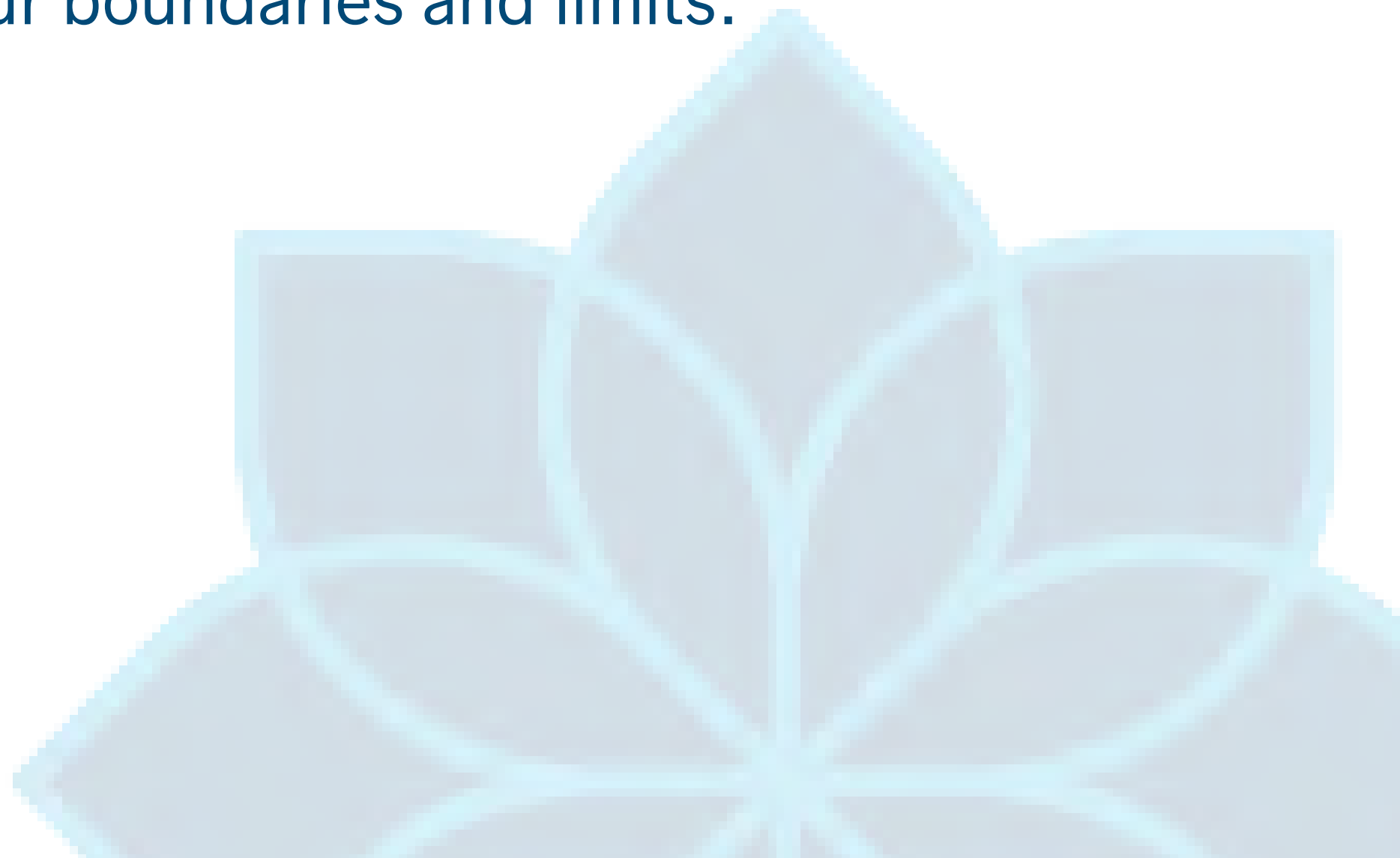
## 04 continued

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### Finding honest support groups

#### Draw boundaries with those who invalidate who you are and what you're feeling

- I call this “protecting your energy”. Think of your energy on the day to day like a gas tank. You only have so much fuel to get to the end of your day. We have our pit stops to help refuel, as well as tough obstacles that drain a lot of our energy trying to get around. Saying no to the extra last minute meeting when you haven't had lunch yet is allowed. Saying no to a group zoom when your eyes need a rest is allowed. Saying no to a friend who always talks about themselves and never asks you a question is allowed. You are in charge of your energy and can best protect it with honoring your boundaries and limits.





## About the Author

**Shelby Remillard** is an Indigenous (Laguna Pueblo) therapist working and living in NYC. Shelby is passionate about empowering her clients to live fully and authentically. She helps her clients develop and practice coping and self-soothing skills to help foster self-compassion. Shelby believes that when we can be compassionate to ourselves, we are able to be more compassionate to others.


## If you need help healing, reach out.

If you decide that Kathryn Grooms & Associates isn't the right fit for you, we're happy to help you find who is.



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Call or visit our website for more info

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Kathryn Grooms & Associates  
**PSYCHOTHERAPY**  
Therapy to Support Growth and Empower Change

At Kathryn Grooms & Associates Psychotherapy, we believe everyone has the capacity to grow, change, and heal. Our team of professional therapists are trauma-informed, which means they are specially trained to approach every therapy session holistically, with a deep understanding of the emotional, biological, social, and psychological effects of trauma.

You are the author of your life, but often there are obstacles to telling your story in a way that is authentic. Our work is focused on helping you identify and remove these barriers to help you own your story.

Each of our highly trained and credentialed therapists brings their own personal style, professional expertise, clinical interests, and specialties to the practice. This means we can adapt our approach as needed to meet you where you are and provide the highest quality of therapy services to meet your unique needs. There is no one size fits all approach when it comes to psychotherapy or therapy services. We offer a personalized approach with every client and each of our therapists is dedicated to providing a safe and comfortable environment where you'll receive personalized care from skilled therapists so you can begin your path toward healing.

Call or visit our website for more info

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