

# Your World, Your Money

A GLOBAL THINKING FOUNDATION USA PODCAST

## Challenging the Traditional Framework of Mental Health Care:

- Growing from a grassroots collective to a national directory of social justice-oriented, culturally responsive therapists, Inclusive Therapists (I.T.) is committed to collaborating with and uplifting therapists of color amidst a predominantly white, Eurocentric field.
- I.T. recognizes how traditional psychology methods, research, and study institutions have historically centered models that have committed violence on marginalized groups in external and internalized ways.
- Now positioned as practitioners and service seekers, I.T. emphasizes the importance of QT BI&POC groups practicing/receiving culturally responsive mental health care dismantled from these models that have historically caused them harm.

## Recognizing Unaccounted For Barriers of Access:

- Therapists in the Inclusive Therapist network draw from lived experiences to inform a more nuanced engagement with patients whose identities -- socioeconomic, gender, sexual, or racial-- are often unaccounted for in traditional mental health care models.
- Culturally responsive care accounts for inevitably unique patient needs (cultural & economical), challenging generalized or blank slate practices of care. It also moves beyond diagnostic and pathology models of treatment, open to possibilities for healing methods, care, and practice culturally unique to service seekers/practitioners.

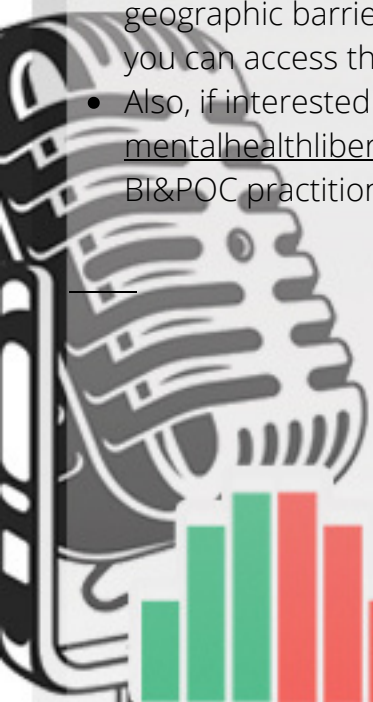
## Additional Takeaways From Melody:

- Detaching healthcare from its' commercial industry, I.T. practices as a community-based network, offering means of accessing care that accounts for economic barriers, language barriers, geographic barriers, and more. If searching for a therapist sensitive to these needs/struggles, you can access the directory at [inclusivetherapists.com](http://inclusivetherapists.com)
- Also, if interested in supporting Inclusive Therapists' work, please visit its' sibling nonprofit, [mentalhealthliberation.org](http://mentalhealthliberation.org), which works to fund treatment for BI&POC identities and support BI&POC practitioners!

**Season 3, Episode 10:**

**Inclusivity & Accessibility of Mental Health Care**

Guest: Melody Li, founder of Inclusive Therapists



GLT

