

# Your World, Your Money

A GLOBAL THINKING FOUNDATION USA PODCAST

## Decolonization As a Means for Inclusion in Mental Health:

- Starting her private practice in 2017, Dr. Ren noticed a need for mental health services stemming beyond Western, Eurocentric psychology, particularly for Asian-American and BIPOC communities with specific cultural needs.
- Dr. Ren's systems-oriented approach specifically accounts for societal systems and the ripple effects of oppressive outcomes which can affect individual mental health, particularly in marginalized communities.
- The most common work Dr. Ren does with her clients includes working through generational, family-inherited trauma, destigmatizing grief responses to oppressive societal standards, and collaborating on gaining deeper self-perspective and personal healing.

## Mental Health Spaces on Social Media:

- Dr. Ren makes a variety of content for TikTok & Instagram, drawing from experiences with her clients and personal life. It's been a means for her to connect with other therapists & therapists in training who identify with her practice and can apply some of her resources to their own practices as well.
- However, she avoids creating diagnostic content and discourages self-diagnosis through Internet content, especially from unlicensed accounts espousing mental health advice.
- Dr. Ren views social media as an entryway to discovering more mental health resources and a temporary, healthier means for coping if unable to access actual mental health care.

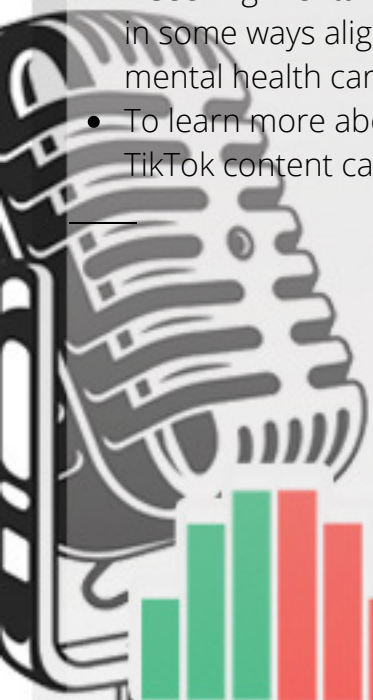
## Additional Takeaways From Dr. Ren:

- If seeking mental health care, Dr. Ren recommends looking for professionals whose backgrounds in some ways align with your personal experience; this commonality does a lot for getting quality mental health care.
- To learn more about Dr. Ren's work, you can visit her professional website at [drhanren.com](http://drhanren.com). Her TikTok content can also be found under her username @drhanren.

**Season 3, Episode 09:**

**The New Era of Mental Health Accessibility**

Guest: Dr. Han Ren



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