

“Soul” Care:

Implications and Practices BIPOC and LGBTQIA+ Clinicians

Tennessee Licensed Professional Counselor Association

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Ubuntu Counseling & Wellness

Founder/Chief Executive Officer

A thriving group practice that is committed to providing compassionate and multiculturally competent care to racial/ethnic minorities and underserved populations

Pronouns: She/ Her



Ashley Hampton

LPC-MHSP, NCC



Hampton House Counseling

Co-Founder / Clinical Director
Nashville's 1st QPOC owned group therapy practice;
Specialty in safe, representative care for bodies of culture
and those in the LGBTQIA+ community



Healing in the Margins

Co-Founder / Executive Director
Non-profit with the mission to cultivate systemic change
by providing resources and programming in mental health
spaces for the LGBTQIA+ and BIPOC

Pronouns: She/ Her



Objectives

Participants will identify and understand 2-3 unique stressors experienced by BIPOC & LGBTQIA+

Participants will engage in 1-2 "soul" care activities that are easily integrated into their day to day.

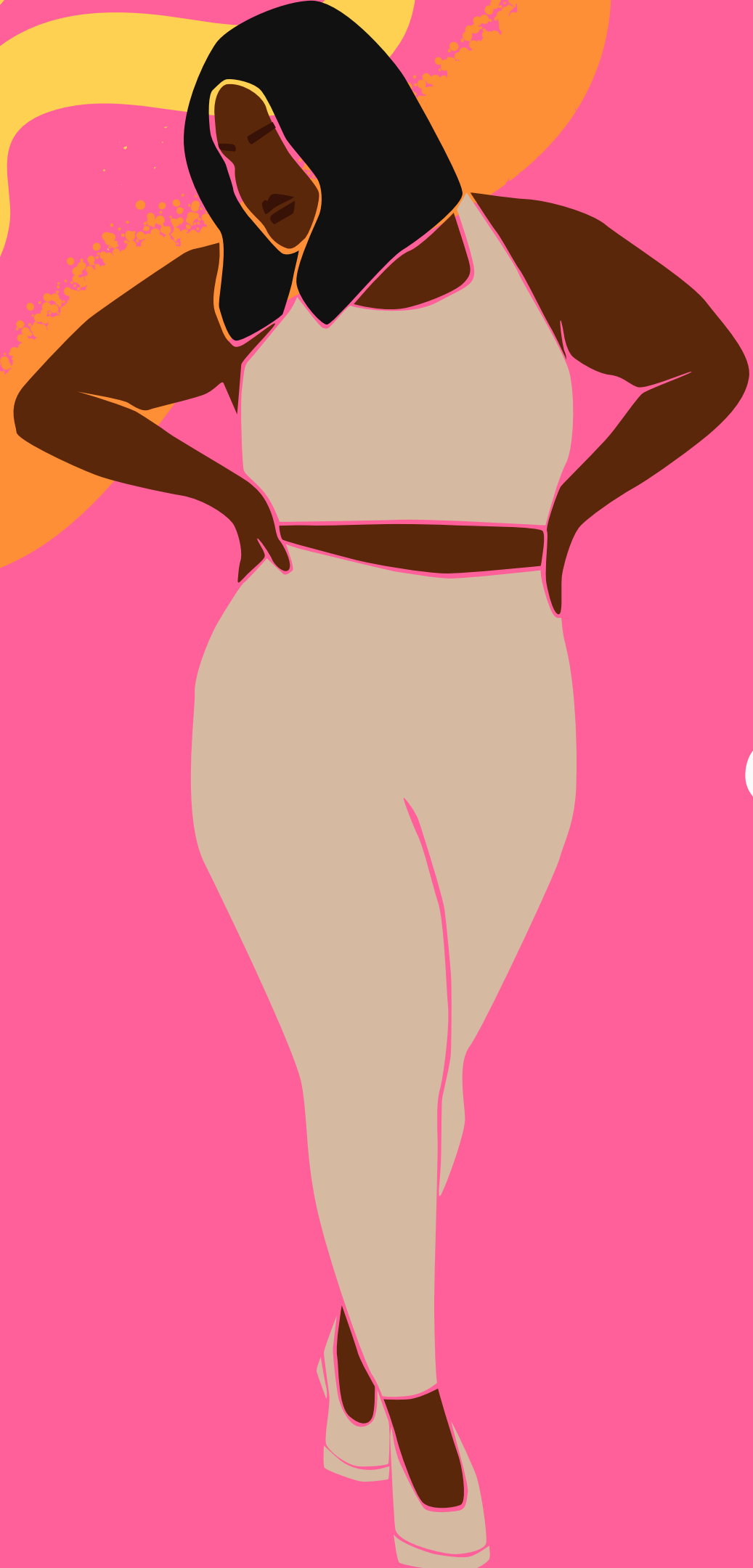
Participants will learn about resources specific to the needs of BIPOC & LGBTQIA+

Ethnic Pride and PRIDE

An illustration on the left side of the slide shows a hand holding a pink sign that says 'PRIDE!' in colorful, hand-painted letters. The background features abstract shapes in shades of pink, orange, and yellow, suggesting a festive or celebratory atmosphere.

Unique Stressor: Shame-Celebration Cycle

Implication: Although many LGBTQAI+ celebrate pride, often times shame comes first, thus, possibly negating the value of their existence.



Unique Stressor: The Black Body & "Professionalism"

Implication: There's a constant tension...sometimes anxiety...regarding how to show up in "professional" spaces.

Unique Stressor: We are often underserved and unsupported in our graduate training and professional development.

Implication: Our communities are left deficient in safe, skilled and representative care.





**Discrimination,
Marginalization, Exclusion**



**Unique Stressor: Family
Rejection/Lack of
Acceptance/Misunderstood**

**Implication: Feelings of
isolation, low self-esteem, and
lack of social support.**



Unique Stressor: Microaggressions

Implication: Additional
stressor to navigate in
addition to professional
work.



Unique Stressor: Targeted Legislation

**Implication: Our Medical and
Mental Health Rights are Under
Attack and Contribute to Health
Disparities.**



The background features a vibrant pattern of wavy, overlapping lines in shades of orange and pink. The lines are thick and create a sense of movement and depth. In the center, there is a bright yellow rounded rectangle containing the text.

Intersectional Experiences



Unique Stressor:
Therapists in the margins tend to have parallel experiences with their clients!

Implications: It may prove difficult to separate yourself from the experience and there is no break!

**Unique Stressor: The Forced
Choice i.e. Do I honor one identity
over the other?**

**Implications: It is difficult
and unsustainable to
constantly "split" yourself!**



HOW DO WE TAKE CARE OF OURSELVES WHILE WE TAKE CARE OF OUR CLIENTS

How do you feel in your body during session?

WE HAVE TO INVITE OUR HUMANHOOD IN TO THE ROOM.

How do you hold your clients story and leave it in the room

WHAT RITUALS CAN WE PRACTICE TO CONTAIN OUR WORK IN OUR OFFICES AND NOT CARRY THEM HOME WITH US???

Do you have a safe clinician to help ypu process and navigate this terrain we are living in?

WE NEED TO GIVE TO OURSELVES WHAT WE GIVE TO OTHERS.

Do you have community that gets it?

WE NEED COMMUNITY AND SUPPORT FROM FOLKS EXPERIENCING SIMILAR THINGS.

The background is a vibrant orange color with several abstract, wavy shapes in yellow and pink. Some of these shapes have a pattern of small pink dots. The overall aesthetic is modern and energetic.

“Soul” Care: Experiential Activities

Body Scan



Connecting with the Ancestors





Embodying Music & Movement



Resource Page

Ubuntu Counseling & Wellness

www.ubuntu-counseling-wellness.com

Hampton House Counseling

www.hamptonhousecounseling.com

Healing in the Margins

www.healinginthemargins.com

LGBTQ Psychotherapists of Color

www.lgbtqpsychotherapistsofcolor.com

Therapy for Black Girls

www.therapyforblackgirls.com

Thank You!!!

