

# Cultural Consciousness & Intersectional Care at Bempong Talking Therapy

Mental health is influenced by the complex intersection of our identities, including our race, gender, sexual orientation, socioeconomic status, abilities, and more. That's why we provide therapy that acknowledges and honors your unique experiences. Our commitment is to understand your unique identity and offer culturally conscious care tailored to your needs.



**BEMPONG**  
TALKING THERAPY

# Intersectional Understanding

We recognize that every person experiences the world differently based on their unique positionalities. This deep understanding is crucial for providing therapy that's effective and genuinely supportive.

## Lived Experiences

Your lived experiences shape your perspective and worldview in profound ways. We strive to understand how the intersection of your identities impacts your reality.

## Systemic Influences

Mental health is impacted by broader social, cultural, and political systems. We acknowledge these influences and work to identify and address any systemic barriers you may face.

## Tailored Approach

With an intersectional lens, we tailor our therapeutic approach to honor your cultural background, values, and unique circumstances. This ensures the support is truly relevant.

# Empathy and Validation

Your experiences and feelings are always valid, even if they aren't the same as the majority's. We offer a safe space where you feel unconditionally heard and understood.

## 1 Compassionate Listening

Our therapists practice deep, non-judgmental listening to fully understand your perspective and emotions.

## 3 Emotional Safety

You can express yourself freely, knowing this is a brave space that honors your vulnerability.

## 2 Affirmation

We affirm the validity of your experiences, providing you with a sense of being truly seen and accepted.



# Adaptive Communication

We communicate in ways that are respectful and sensitive to cultural and intersectional nuances. Our goal is to ensure you feel safe and comfortable expressing yourself.

1

## Cultural Awareness

We educate ourselves on cultural norms, values, and communication styles to facilitate mutual understanding.

2

## Inclusive Language

Our therapists use inclusive, affirmative language that avoids marginalizing or oppressive terms.

3

## Dialogue

We engage in open dialogue to understand your preferences and adapt our communication approach accordingly.

# Inclusive Practices

We strive to create a welcoming environment where everyone, regardless of identity, feels welcome, valued, and respected. We actively challenge biases within our therapeutic approach.



## LGBTQIA+ Affirmative

Our practice celebrates and affirms LGBTQIA+ identities through education, advocacy, and inclusive policies.



## Disability Affirming

We provide accommodations and an accessible space for clients with disabilities. Our approach recognizes disability justice.



## Religious/Spiritual Respect

We respect all religious and spiritual beliefs and work to understand how they shape your worldview.



## Body Positivity

We embrace body positivity and challenge societal biases related to appearance, size, and ability.

# Ongoing Education

Cultural competency is an ongoing process. We commit to continuous learning, training, and professional development to stay informed of the best practices in culturally conscious care.

Reading & Research	Scholarly works, cultural texts, community voices
Workshops & Training	Cultural humility, anti-oppression, intersectionality
Consultation	Guidance from cultural experts and community leaders
Self-Reflection	Examining our own biases, privileges, and blind spots

# The Benefits of Intersectional Care

When your therapist understands complexities of your identity, you feel deeply seen and validated. Therapy that honors your background leads to more effective and relevant strategies for healing. Recognizing how social systems impact your well-being empowers you to make positive changes and advocate for yourself.

## Feeling Truly Seen

When your therapist understands complexities of your identity, you feel deeply seen and validated.

## Tailored Support

Therapy that honors your background leads to more effective and relevant strategies for healing.

## Increased Empowerment

Recognizing how social systems impact your well-being empowers you to make positive changes and advocate for yourself.



## Testimonials: Words From Our Clients

Our approach is built on fostering trust and understanding. Here's how working with Bempong Talking Therapy has impacted the lives of our clients:

"It was a pleasure to work with Jarell Bempong in one-to-one therapy, online. I found the experience both challenging and extraordinarily rewarding. Challenging, due to his tactful ability to get me gently digging into my vulnerabilities. And, extraordinarily rewarding, due to his unwavering commitment to the successful outcome of my therapeutic process. His compassionate support touched me deeply. It allowed me a safe space and sufficient time to grow. I feel grateful and emotionally expanded by the experience."

"It was exceptionally beneficial to engage in therapy that recognized and honoured my intersectional identity. Jarell's culturally conscious approach addressed my individual experiences and the complex interplay of cultural and societal factors that shape them. This deep cultural connection profoundly deepened the therapeutic process, making it even more relevant and impactful."



# Culturally Informed Care

We tailor our therapeutic approach to honor your cultural background, values, and lived experiences. This ensures that the support you receive is truly relevant to your life.



## Cultural Responsiveness

Our therapists adapt evidence-based practices to be culturally congruent with your values and worldviews.



## Cultural Humility

We approach therapy with humility, recognizing that you are the expert on your own cultural experiences.

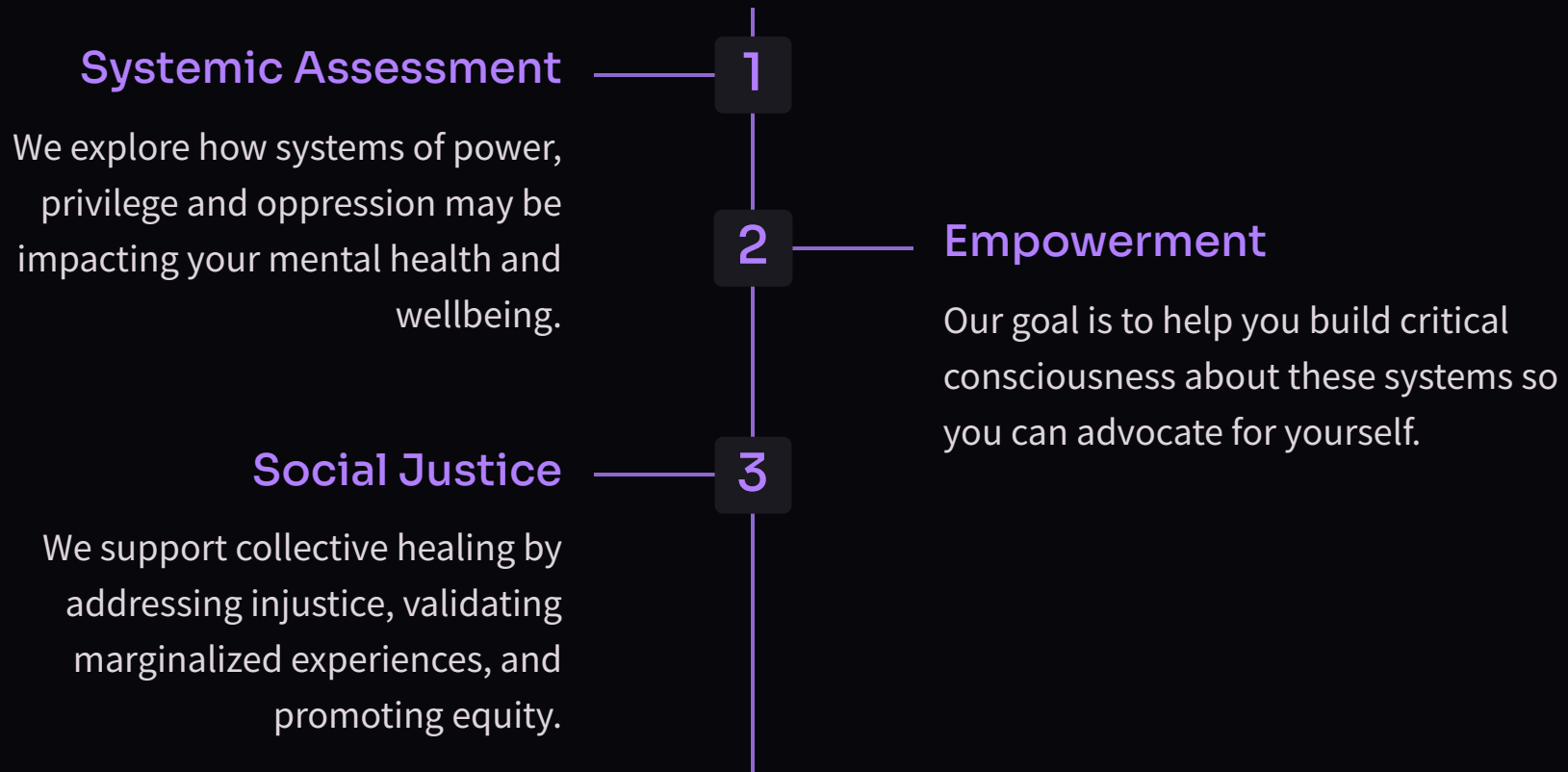


## Intersectional Lens

We view your mental health holistically through the lens of your intersecting racial, ethnic, gender, and other identities.

# Systemic Awareness

Mental health is impacted by broader social, cultural, and political systems. We acknowledge these influences and work to identify and address any systemic barriers you may face.



# Commitment to Inclusivity

Bempong Talking Therapy is dedicated to a safe, welcoming space where everyone feels understood. We'll never stop learning how to best meet the diverse needs of our clients.

## 1 Representation

Our team reflects the diversity of identities and cultures we serve, ensuring clients feel seen.

## 2 Accountability

We hold ourselves accountable through community feedback, cultural consultants, and ongoing anti-oppression training.

## 3 Advocacy

We use our voices to advocate for policy changes that promote inclusivity and dismantle systemic barriers in mental healthcare.

# Ready to Begin?

If you're seeking a culturally conscious therapeutic experience that honors your full identity, we invite you to book a consultation. Together, we'll explore how our intersectional approach can support your unique journey to healing.

[Book a Consultation](#)

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