# Boston Mental Health Practice Empowers Marginalized Communities with Liberation-Focused Framework



**Boston Mental Health Practice Embraces Liberation-Focused Framework**

**Boston, MA (2018)** - Dr. Natasha Holmes, a licensed psychologist, founded *And Still We Rise* (ASWR), a mental health care practice and consulting firm, with the aim of serving marginalized communities in Boston. Utilizing a liberation-focused framework, ASWR supports the mental health of women, BIPOC individuals, and LGBTQ members by addressing experiences of oppression, discrimination, and marginalization.

Since its inception in 2018, ASWR has expanded to a team of nearly 80 clinicians, coaches, and consultants, and offers a newsletter connecting subscribers to services, community events, and resources.

Holmes emphasizes the integration of social justice into conventional therapy, extending support beyond the therapy room and into community activism. This liberation-focused approach acknowledges the systemic influences on mental health, which Holmes believes is crucial for effectively treating individuals from marginalized communities.

Barriers such as accessibility and improper therapist matches remain challenges for BIPOC individuals in mental health care. Holmes underscores that true wealth transcends mere financial aspects, encompassing relationships, health, and the liberation to live authentically.

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