

We believe that racial injustice is the most pervasive and entrenched form of injustice permeating the American institution.

Total Wellness Consultants, and owner, Dr. Rebecca Harvey, condemn anti-Blackness, racism, and white supremacy, in every shape and form. We also affirm and acknowledge that as practitioners, we must examine ourselves and our systems to ensure that we are doing everything we can to undo and repair, rather than replicate, the white supremacist ideologies that have constructed many of our notions of mental health and mental illness and cause so much harm.

We recognize the emotional impact of confronting the virulence and insidiousness of anti-Blackness and racism on BIPOC and white clients who are looking to process their own racial identity development and practice of anti-racism. Please consider us as one of many resources in the difficult but necessary work of engaging with internalized bias, recognizing privilege, and aligning values of anti-racism and allyship with embodied and sustained practice.