

The background features abstract line art of faces in profile, rendered in black outlines against a dark brown background. The lines are fluid and expressive, capturing the essence of human profiles without fine detail. One face is on the left, looking right, and another is on the right, looking left. There are also some loose, flowing lines that suggest movement and connection.

A  
FEMINIST-CENTERED  
ZINE

# Decolonizing Feminist Therapy

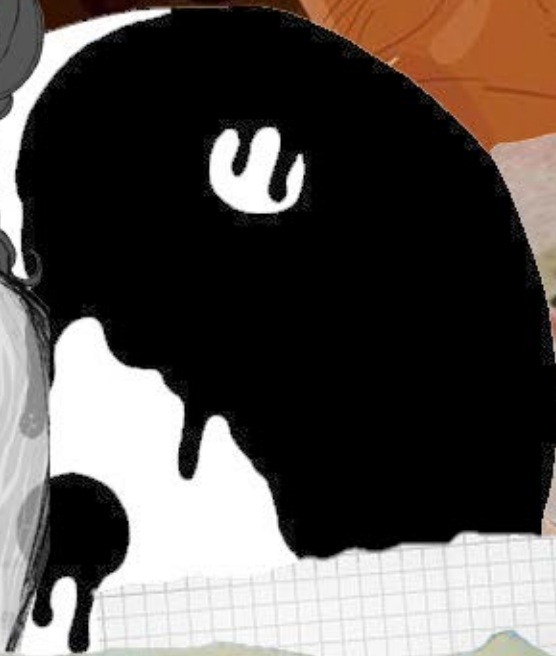
CREATED BY  
MEG CREDIT (THEY/THEM)  
LISA DO (SHE/HER)  
MADISON E. TSCHAUNER (SHE/HER)



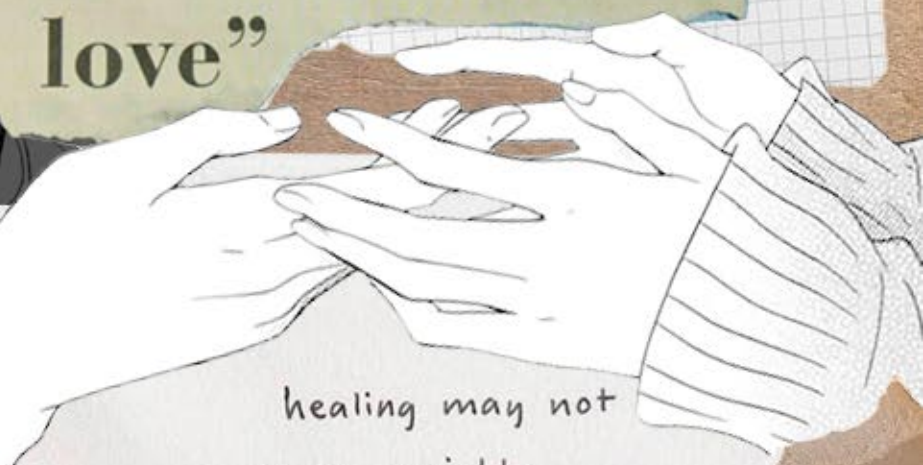


WE ARE  
WOMEN

A woman ought to cry;  
the glittering. Medusa.  
Tears became her  
mouth and eyes



"I believe in free  
love"



healing may not  
come quickly,  
but it will come.

"In the end,

we'll all become stories."

- Margaret Atwood





decolonizing feminist  
therapy means  
dismantling  
white supremacy

fear of open conflict

worship of the  
written word

objectivity

power hoarding

paternalism

individualism

progress, bigger

defensiveness

either or  
thinking

perfectionism

right to comfort

MADE EASY



A stressed nation. Page 80

SOLVE  
A  
PROBLEM

only 1  
right way

quantity  
over quality

sense of  
urgency

MADE

EASY



let's move towards  
the antidotes of  
white supremacy

allow for grief

create safe  
learning  
environments

separate people  
from their mistakes

assume that  
everyone has  
a valid point

everyone has a  
unique worldview

Embrace the Unknown

individuals are  
expected to  
make mistakes

both/and thinking

sit with the  
discomfort

community  
+ support

develop a culture  
of appreciation

consciousness raising

**BREAKING YOUR MOLD**





