

# Recovery and Balance

## Diversity, Equity, Inclusion, and Justice Statement

At Recovery and Balance, I am steadfast in my commitment to cultivating an environment that is inclusive, culturally responsive, and affirming of all individuals. I recognize diversity as a multidimensional construct encompassing, but not limited to, race, ethnicity, gender identity, sexual orientation, age, socioeconomic status, ability, religion, and cultural heritage. My clinical philosophy acknowledges that identity and lived experience are inextricably linked to mental health and well-being.

I maintain that equitable access to mental health services is a fundamental human right. My approach is founded by cultural humility, ongoing critical self-reflection, and the continuous integration of empirically supported practices that address systemic inequities. I am dedicated to dismantling barriers to care and ensuring that my interventions are informed by intersectional frameworks that honor the diverse narratives of those I serve.

My practice prioritizes rigorous professional development, scholarly engagement, and interdisciplinary collaboration to ensure that I remain at the forefront of diversity, equity, and inclusion best practices. Through this commitment, I seek to create therapeutic spaces that are psychologically safe, empowering, and conducive to meaningful healing and transformation.

I actively solicit and integrate feedback from my clients and broader community to refine my clinical approaches and uphold my ethical mandate to provide inclusive and affirming mental health care. I affirm that diversity is not merely acknowledged but embraced as a fundamental pillar of holistic, effective, and socially responsible psychological practice.



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