

**Healing Beyond the
Vote: Anti-Colonial
& Anti-Carceral
Support for Post-
Election Stress
for Therapists +
Healers**

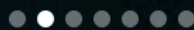
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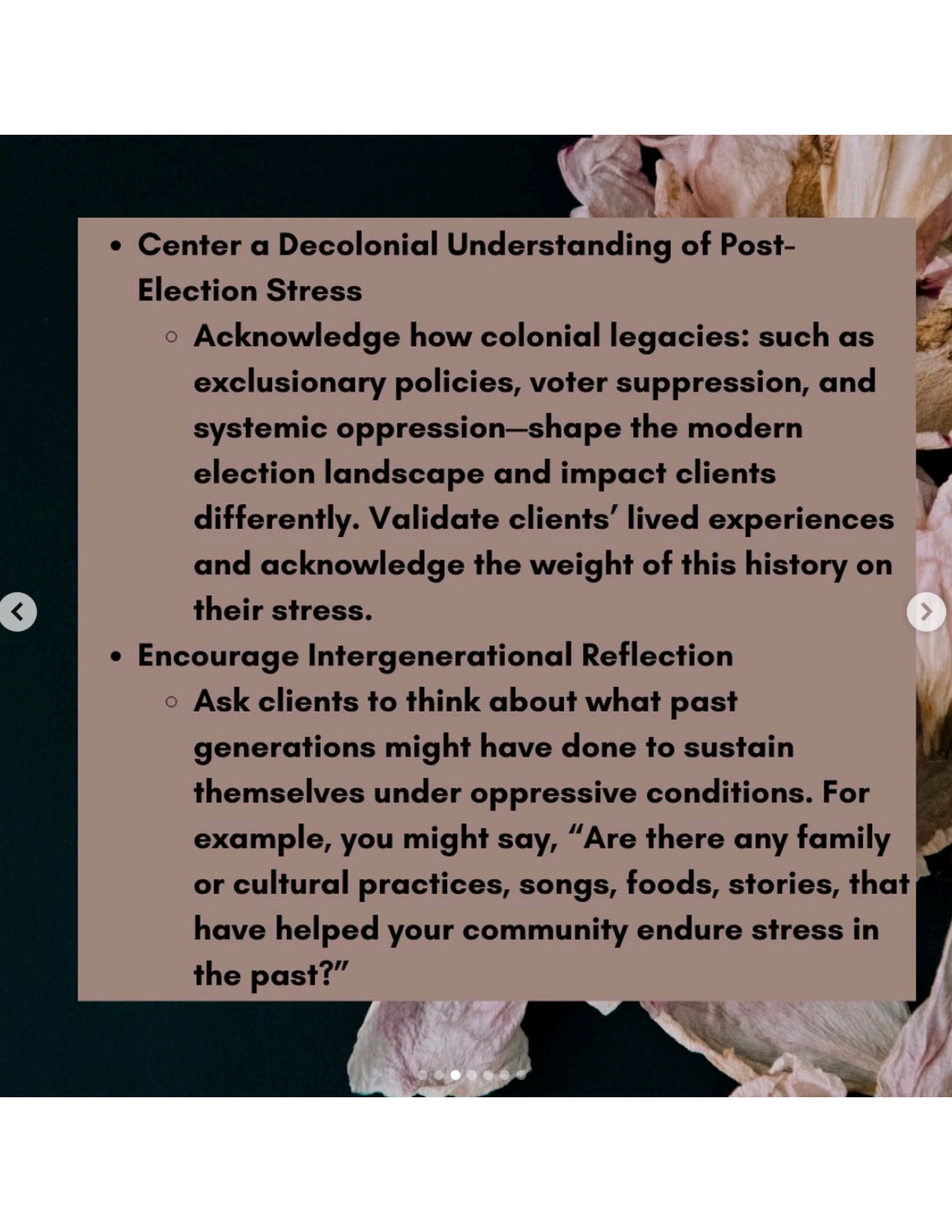


Therapists' "Do Nots"

- Don't dismiss systemic trauma, acknowledge collective impacts.
- Don't assume neutrality. Honor the weight of lived experiences.
- Don't pathologize political emotions. Validate anger, grief, rage, and frustration.
- Don't push toxic positivity. Validate clients' complex emotions.
- Don't individualize coping. Promote community-based resilience.
- Don't minimize structural harm. Election outcomes affect real lives.
- Don't neglect embodiment. Incorporate body-centered processing.
- Don't impose prescriptive solutions. Support personal, adaptive responses.
- Don't dismiss disengagement. Respect protective, adaptive boundaries.
- Don't forget radical hope. Nurture visions of a liberated future.

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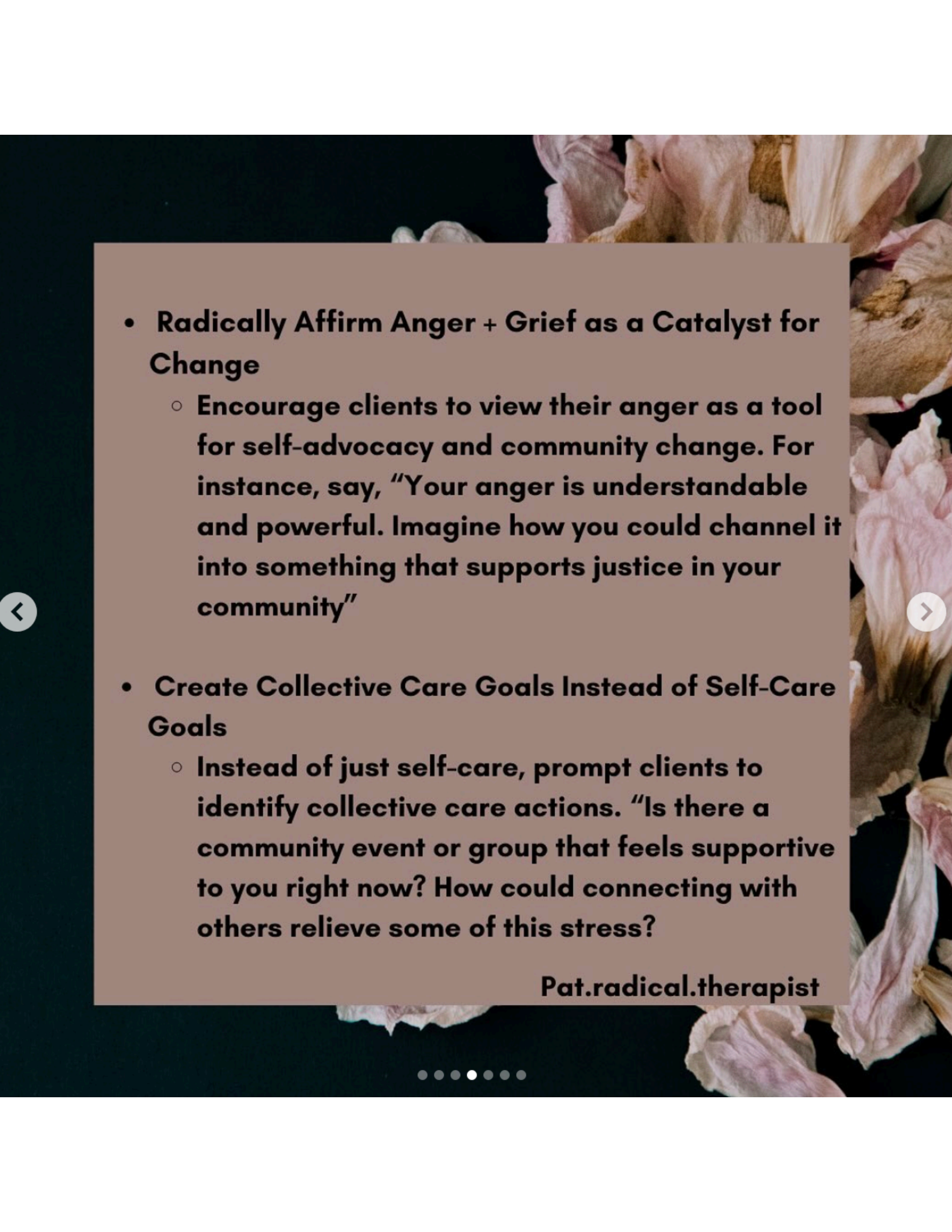


- **Center a Decolonial Understanding of Post-Election Stress**

- **Acknowledge how colonial legacies: such as exclusionary policies, voter suppression, and systemic oppression—shape the modern election landscape and impact clients differently. Validate clients' lived experiences and acknowledge the weight of this history on their stress.**

- **Encourage Intergenerational Reflection**

- **Ask clients to think about what past generations might have done to sustain themselves under oppressive conditions. For example, you might say, "Are there any family or cultural practices, songs, foods, stories, that have helped your community endure stress in the past?"**

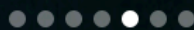
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- **Radically Affirm Anger + Grief as a Catalyst for Change**
 - **Encourage clients to view their anger as a tool for self-advocacy and community change. For instance, say, "Your anger is understandable and powerful. Imagine how you could channel it into something that supports justice in your community"**
 - **Create Collective Care Goals Instead of Self-Care Goals**
 - **Instead of just self-care, prompt clients to identify collective care actions. "Is there a community event or group that feels supportive to you right now? How could connecting with others relieve some of this stress?"**

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- **Reframe Community Accountability as Healing**
 - **Help clients imagine accountability through a healing lens. For example: “What would it look like to approach conflicts in your life with a focus on growth and healing, rather than punishment?”**
- **Empower Radical Imagining**
 - **Prompt clients to imagine justice without punishment: “If you could envision a future where your community's needs are met without police involvement, what would that look like**
- **Offer Grounding Techniques Tied to Land**
 - **Guide clients in a grounding exercise by connecting with nature: “Let’s take a moment to feel the ground beneath you and imagine roots growing from your feet, grounding you to the earth as a source of strength.**

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- **Promote Community-Based Coping over Individualistic Solutions**
 - **Move beyond traditional self-care and explore collective care practices that support resilience. Examples include mutual aid, community check-ins, or group dialogues, which allow clients to feel held by their communities rather than bearing stress alone.**
- **Encourage Boundaries as Resistance**
 - **Limiting news or media is an act of self-preservation, a radical form of reclaiming your peace. Not to disconnect, but preserve to redirect energy.**
- **Discuss Non-Carceral Safety Plans**
 - **“If you feel unsafe, are there trusted friends or community members who can support you without involving punitive systems?”**

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