



# SPECIALIZATIONS

URBAN INSTITUTE  
OF MENTAL HEALTH

## ADHD & Neurodiversity

Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurological condition that can manifest in a variety of symptoms, including impulsivity, difficulty maintaining attention, and hyperactivity. Individuals with ADHD often face unique challenges in both academic and social settings. In our practice, we adopt evidence-based therapeutic strategies to help clients harness their innate strengths, develop coping mechanisms, and thrive in all areas of their lives. Our personalized approach ensures that each individual's unique profile of strengths and challenges is recognized and addressed, fostering growth and self-awareness.

Neurodiversity is a concept that celebrates the wide range of differences in human brain function. This perspective recognizes conditions like autism, dyslexia, and others not as disorders, but as part of the natural variation in the human genome. Embracing a neurodiverse approach, our practice provides a safe and supportive environment where individuals can understand and embrace their unique neurological makeup. We offer tailored strategies to navigate daily challenges and emphasize the potential and strengths inherent in each person's unique cognitive profile.

## Family/Ancestral Trauma

Family and ancestral trauma refers to the passing down of trauma from one generation to the next, creating patterns of pain, suffering, and behavioral responses that can persist over decades or even centuries. It acknowledges the deep-rooted emotional and psychological wounds that can be inherited, often subconsciously, from previous generations. In our practice, we provide a compassionate space for clients to explore these inherited narratives and patterns, helping them to recognize, understand, and heal from past traumas. Our therapeutic approach is designed to break the cycle, allowing clients to forge new, healthier pathways for themselves and future generations.

## Racial Trauma & Identity

Racial trauma, or race-based traumatic stress, encompasses the mental and emotional injury caused by encounters with racial bias, discrimination, and hate crimes. Such experiences can have profound psychological impacts, often mirroring symptoms of post-traumatic stress disorder. In our practice, we provide a sensitive, culturally informed space for individuals to process and heal from the distressing effects of racial trauma. Through our therapeutic approach, we aim to empower clients by validating their experiences, fostering resilience, and helping them navigate the complexities of racial dynamics in their daily lives.

Racial identity is a deeply personal and evolving aspect of an individual's self-concept, rooted in their experience of belonging to a particular racial group and the societal perceptions and biases attached to it. As individuals navigate different cultural landscapes, confront stereotypes, or face systemic racism, they may grapple with questions of belonging, self-worth, and authenticity. In our practice, we offer a nurturing and culturally sensitive environment for clients to explore and solidify their racial identity. We recognize the multi-faceted challenges and joys associated with racial identity formation and provide tools and support to empower clients as they define and embrace their unique racial narrative.

## Body Liberation/Body Love

Body liberation goes beyond the conventional ideals of body positivity, emphasizing a holistic embrace of all bodies, irrespective of size, shape, ability, or health status. This perspective challenges societal norms and confronts the systemic biases that perpetuate body-shaming. At our practice, we foster an environment where clients can work to unlearn internalized biases, build resilience against external pressures, and cultivate a profound and unconditional acceptance of their own bodies. We champion the belief that every body is worthy of love, respect, and care, and provide tools for clients to fully embrace this belief in their daily lives.

Body love is the radical acceptance and celebration of one's body, recognizing it as a unique and invaluable vessel that houses our experiences, emotions, and memories. Within our practice, we guide clients on a transformative journey to forge a deeply rooted connection with their physical selves. Through therapeutic strategies, we address internalized negative beliefs, helping clients to replace them with empowering narratives of self-love, gratitude, and affirmation.

Our aim is to help each individual recognize their inherent worth and beauty, fostering a lifelong relationship of kindness and love towards their own body.

## Liberation & Empowerment of Women

The liberation & empowerment of women involves fostering strength, agency, and self-worth among women, allowing them to realize their fullest potential in every facet of life. This involves not just addressing the barriers women face but also celebrating their innate strengths, capabilities, and contributions. Our practice is dedicated to supporting women as they navigate societal expectations, personal aspirations, and their unique life journeys. Through a combination of therapeutic techniques and empowerment strategies, we encourage women to reclaim their voice, make informed choices, and carve out spaces where they can thrive, grow, and lead.

## Narcissistic Abuse Recovery

Narcissistic abuse, stemming from individuals with narcissistic tendencies or Narcissistic Personality Disorder (NPD), can manifest as emotional, physical, psychological, or financial harm. This form of abuse is often subtle, insidious, and characterized by manipulation, gaslighting, and emotional invalidation. Survivors may struggle with self-worth, trust issues, and feelings of isolation. In our practice, we focus on guiding survivors through their healing journey post-narcissistic abuse. Using a trauma-informed approach, we provide a safe and supportive environment for clients to process their experiences, rebuild their self-esteem, and develop tools and boundaries to protect against future emotional harm. Our primary goal is to empower survivors to rediscover their autonomy and cultivate resilience.

## Healing work with Healers

Healers — whether therapists, counselors, medical professionals, or spiritual guides — play a pivotal role in providing support and guidance to others. Yet, they are not immune to the challenges and traumas they encounter in their own lives or from the emotional and energetic demands of their profession. Our practice recognizes the unique needs of healers, offering a specialized approach to address their personal and professional challenges. We provide a nurturing space for healers to explore their vulnerabilities, process secondary or vicarious trauma, and rejuvenate their spirits.

Through our therapeutic engagement, we aim to help healers maintain their well-being, ensuring they can continue their invaluable work with clarity, energy, and resilience.

## Decolonization of the Mind

Decolonization involves a profound and intentional unlearning and challenging of colonial mindsets, structures, and narratives that have deeply permeated societies and individuals. This process seeks to reclaim and elevate indigenous knowledge, practices, and values that have been historically suppressed or marginalized. In our practice, we provide a space dedicated to understanding and undertaking the journey of decolonization. Through reflection, education, and dialogue, we guide clients in recognizing and dismantling internalized colonial beliefs and practices. Our aim is to help individuals connect with their ancestral roots, understand the lasting impacts of colonization, and contribute to broader societal shifts towards equity, respect, and indigenous empowerment.

## Spiritual Awakening & Practice

Spiritual awakenings are profound shifts in an individual's perception of life, often characterized by a deeper connection to oneself, others, and the universe. Such experiences can be both enlightening and disorienting, as they challenge long-held beliefs and paradigms, ushering in newfound clarity and purpose. In our practice, we provide guidance and support for those navigating the complexities of spiritual awakenings. We offer a safe space for exploration, reflection, and growth, helping individuals integrate their experiences and cultivate a spiritual practice that aligns with their unique path and insights. Whether you are grappling with existential questions, seeking to deepen your spiritual connection, or aiming to align your life with newfound spiritual insights, we are here to support your journey of transformation and discovery.

## Men's Issues

Men, in their diverse experiences and backgrounds, often grapple with societal expectations and pressures related to masculinity, vulnerability, and identity. Common narratives around what it means to "be a man" can lead to emotional suppression, performance pressures, and challenges in interpersonal relationships. Our practice offers a dedicated space for men to explore and understand their unique struggles, emotions, and desires, away from the weight of traditional stereotypes. We aim to support men in redefining their personal narrative of masculinity, fostering emotional intelligence, and cultivating meaningful connections with themselves and others. Whether facing challenges in relationships, career, self-worth, or mental health, our therapeutic approach prioritizes authentic expression, understanding, and growth tailored to the specific needs of men.

## Life Transitions

Life is a series of evolving chapters, each with its unique challenges and opportunities. Whether it's navigating the shift from adolescence to adulthood, adapting to a new career or retirement, managing the dynamics of evolving relationships, or grappling with changes in personal identity, transitions can be both exciting and daunting. Our practice specializes in guiding individuals through these pivotal moments, offering support, tools, and insights to help them embrace change with confidence and grace. We understand that each transition, whether chosen or unexpected, brings with it a mixture of emotions and questions. Our therapeutic approach is designed to help clients process their feelings, set clear intentions, and develop strategies to successfully adapt to their new life phase.

## Women's Reproductive Issues

Women's reproductive issues encompass a broad spectrum of experiences, from menstrual challenges, fertility struggles, pregnancy and childbirth, to menopause and beyond. Each phase and challenge carries its unique emotional, physical, and psychological implications. In our practice, we offer specialized care tailored to the multifaceted aspects of women's reproductive health. Recognizing the deeply personal nature of these experiences, we provide a compassionate and understanding environment for women to discuss, process, and navigate their reproductive journeys. Whether grappling with the emotional complexities of infertility, adjusting to the transformative journey of motherhood, or seeking support through the challenges of menopause, our therapeutic approach prioritizes holistic well-being, empowerment, and informed decision-making.

## Whole Body Wellness

Whole Body Wellness embraces a holistic understanding of health, acknowledging the intricate interplay between physical, emotional, mental, and spiritual aspects of an individual. It transcends mere absence of disease, aiming for a harmonious state of vibrant well-being across all facets of life. In our practice, we delve deep into this interconnected nature of well-being, guiding clients towards recognizing and nurturing each component of their health. Through personalized strategies and therapeutic tools, we empower individuals to cultivate practices that align with their unique wellness goals. Whether addressing dietary habits, emotional blockages, mental challenges, or spiritual quests, our approach is rooted in the belief that true health is a balanced, holistic journey, encompassing the entirety of one's being.

## Health Anxiety

Health anxiety, often referred to as illness anxiety or hypochondriasis in its extreme forms, is characterized by persistent worry about having a serious medical condition, even when there is little or no medical evidence to support it. These concerns can dominate one's thoughts and often lead to excessive medical tests and procedures. Within our practice, we address the deep-seated fears and triggers that fuel health anxiety. Through a combination of cognitive-behavioral techniques, mindfulness practices, and compassionate dialogue, we support clients in distinguishing between valid health concerns and anxiety-driven perceptions. Our therapeutic approach aims to empower individuals with the tools to manage their anxieties effectively, allowing them to lead fulfilling lives without being overshadowed by undue health-related fears.

## Inner Child Healing

The concept of the "inner child" represents the childlike, often hidden aspect of a person's unconscious mind, encompassing everything one learned and experienced as a child. Traumatic or unsettling experiences from our early years can leave lasting imprints, influencing our behavior, emotions, and relationships in adulthood. Our Inner Child Healing specialization focuses on nurturing and healing this vulnerable part of oneself. Through therapeutic techniques, we guide clients in revisiting and understanding their childhood experiences, offering them an opportunity to process unresolved emotions and traumas. By reconnecting with and healing their inner child, clients can release old wounds, cultivate self-compassion, and build healthier, more authentic relationships with themselves and others.

## Mind-Body Work

The mind-body connection recognizes the profound interplay between our mental and physical states. Our thoughts, emotions, beliefs, and attitudes can positively or negatively affect our biological functioning. Similarly, what we do with our physical bodies—how we move, what we consume, how we rest—can impact our mental and emotional well-being. Our Mind-Body Work specialization delves into this intricate relationship, offering therapeutic approaches that integrate both psychological and physiological healing modalities. Clients are guided to cultivate self-awareness, understand the signals their bodies provide, and implement holistic strategies for well-being. Through tailored practices such as mindfulness, somatic therapies, and guided visualization, we assist individuals in achieving harmony between mind and body, fostering overall health and resilience.

## Yoga and Intuitive Movement

Yoga, an ancient practice rooted in Indian philosophy, is more than just physical postures; it's a holistic journey of aligning mind, body, and spirit. Intuitive movement, on the other hand, encourages individuals to tune into their bodies' innate wisdom, moving in ways that feel authentic and nourishing without the constraints of structured routines. Our specialization in Yoga and Intuitive Movement bridges these two powerful modalities, offering a therapeutic approach that emphasizes mindful presence, self-compassion, and embodiment. Clients are guided to explore movement and stillness, tapping into the innate wisdom of their bodies to foster healing, self-awareness, and a deeper connection to the present moment. Whether you are seeking physical flexibility, emotional release, or spiritual grounding, our approach is tailored to honor and support your unique journey towards holistic well-being.

## Chronic Health Conditions

Chronic health conditions, be they physical or psychological, have a profound impact on an individual's day-to-day life, shaping their experiences, emotions, and sense of self. Our specialization recognizes the unique challenges faced by those with ongoing health conditions, offering therapeutic support tailored to their specific needs. Through evidence-based strategies, we assist clients in navigating the emotional complexities of their condition, fostering resilience, acceptance, and effective coping mechanisms. Our holistic approach aims to empower individuals to lead fulfilling lives, emphasizing mental and emotional well-being alongside physical health.

## Addictions/Substance Use

Addiction and substance use issues are complex, multifaceted challenges that often stem from deep-rooted emotional, psychological, or environmental triggers. Our practice is dedicated to providing a compassionate and judgment-free environment where individuals can confront and address their substance use challenges. Using a combination of therapeutic modalities, including cognitive-behavioral therapy, motivational interviewing, and relapse prevention, we guide clients on their journey to recovery. Recognizing the individual nature of addiction, our approach is tailored to each client's unique experiences and needs, providing them with the tools and support to reclaim control over their lives and move towards sustained sobriety and holistic well-being.

## Depression

Depression is a complex mood disorder that goes beyond occasional sadness or low spirits. It encompasses persistent feelings of sadness, hopelessness, and a lack of interest or pleasure in activities. The weight of depression can cloud judgment, disrupt daily functioning, and strain relationships. In our practice, we specialize in supporting individuals experiencing depression, offering a compassionate space for exploration and healing. Using evidence-based therapeutic approaches, such as cognitive-behavioral therapy, interpersonal therapy, and mindfulness-based techniques, we guide clients towards understanding their depressive patterns, uncovering underlying triggers, and building strategies for resilience and recovery. Our primary goal is to empower individuals to rediscover hope, purpose, and joy in their lives.

## Anxiety

Anxiety, a natural response to stress, becomes challenging when it is persistent, overwhelming, or out of proportion to the situation at hand. Manifesting in various forms—from generalized anxiety disorder and panic attacks to specific phobias—this emotion can significantly impact daily functioning and overall well-being. In our practice, we offer specialized care for those grappling with anxiety. Through a combination of cognitive-behavioral techniques, mindfulness practices, and holistic therapeutic approaches, we assist clients in understanding the root causes of their anxiety, developing coping strategies, and reclaiming control over their thoughts and emotions. Our aim is to provide individuals with the tools and insights needed to navigate life's challenges with calmness, clarity, and confidence.