



Research and Ethics Guide: Mental Health

Newmarket African Caribbean Canadian Association's Network of Therapists will strive to provide culturally relevant interventions and treatment to Black/African identifying residents in York Region.

Therapists must share NACCA's values and principles in their approach to therapy:

1. Black/African, community centred
2. Understanding that identities are multiple and Intersecting
3. Approach to psychotherapy that is anti-colonial/anti-racist
4. Trauma-informed
5. Centered in resistance, healing and recovery
6. Centred in empowerment

Therapists are aware of their own values and beliefs and how these may impact therapy interventions. NACCA is founded upon the values of mentorship and education, youth engagement, innovation, cultural diversity and empowerment. These values provide a fundamental framework for conceptualizing professional responses that protect human rights and resist anti-Black racism.

NACCA's principles delineates the importance of providing treatment that includes sensitivity to cultural issues, including oppression experienced from racism, sexism, classism and gender-based violence. Therapists must seek to understand these issues from the perspectives of their clients, while recognizing the impact of compounding and intersecting oppression. Therapists have an ethical obligation to advocate for their clients when they experience injustice.

Our clients – who are primarily Black, indigenous, mixed – will likely experience various reactions and emotions to racially motivated injustices. It is imperative that these responses which stem from historic and systemic race-based traumatic stress are acknowledged. Therapists must stand beside our clients to support them with authenticity, transparency, and zero tolerance for racist attitudes and behavior. The outrage experienced by our clients is valid. Through continuous education and supervision, we enhance our understanding of the role that racial and historical trauma plays in our world, to better serve our clients, and support healing in our communities.

Resource: [Breaking the Chains of Racial Trauma in Therapy AATA Blog Series \(2020\)](#)