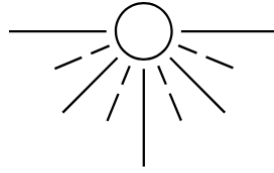


THE HOLISTIC COUNSELOR PODCAST



FROM THE MIC TO THE COMMUNITY

A PODCAST COMPANION

From Unseen to Understood

A reflection companion for culture, identity, family messages, faith, and belonging.

READ / LISTEN / REFLECT

Diana S. Rice

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GUIDE

AN EPISODE COMPANION

Begin where you are.

The people and places that shaped you may have given you strength, belonging, and questions you are still exploring. There is room to appreciate your roots and consider what you need in your life now.

Listen alongside this guide

Conversations from The Holistic Counselor Podcast to explore with these pages.

EPISODE 2

Culture, identity, and mental health

Diana explores BIPOC and immigrant mental health, family messages, faith, and belonging. Begin with the full conversation, then choose a question below.

[Listen or read the transcript](#)

IN THESE PAGES

Your story deserves curiosity / Identity, belonging, and choice / One message, one next step / Explore community connections / Keep learning. Find support.

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Your story deserves curiosity

Culture and family life can shape how we understand strength, emotion, rest, and asking for help. Every family and community holds different experiences. These pages invite you to consider your own, without assuming what your background means.

Can I question a message and still honor my family?

You can appreciate what people gave you while considering whether a particular message fits your needs today. Understanding an earlier context may bring perspective; it does not require you to minimize harm or keep a belief that is hurting you.

Choose a manageable place to begin

An everyday message about rest, work, or asking for help may be enough. You may leave a question unanswered. If reflection becomes distressing, pause and consider support from someone you trust or a qualified professional.

Type in the spaces below, or print and write by hand.

What did my family or community give me that I value?

Which message about emotions, rest, or support am I curious about now?

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Identity, belonging, and choice

Your identity can include places, languages, relationships, communities, faith, and values. Some parts may feel easy to express; others may depend on the setting and how safe or understood you feel.

Making room for context

Changing how you speak or express yourself across settings can be a practical choice. It may also take energy. Rather than judging that adaptation, consider where you have choice and what support would help.

Where do I feel understood, and what makes that possible?

Where does adapting take the most energy?

What would make one part of my daily life feel more supportive?

A possible opening: “There is a part of my background I would like you to understand. Could we make room to talk about how it affects what I need?”

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One message, one next step

You can notice an inherited message without needing to settle its whole history. Try one present-day example and consider whether there is another way to respond.

A message I notice in an ordinary situation:

What feels useful about it, and what feels limiting now?

A response that better reflects my values and needs:

OPTIONAL FAITH REFLECTION

Which parts of your faith help you feel connected and supported? Where would you welcome a respectful conversation about a question or a feeling? Readers of any or no faith can reflect on the values and relationships that sustain them.

Finding a provider who makes room for your story

You might ask: “How do you include culture and family history in your work?” or “How would we talk about a moment when I felt misunderstood?” A conversation about qualifications, practical access, and your experience of the relationship can help you consider fit. [1]

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Explore community connections

These independent U.S.-based organizations offer different kinds of community information, directories, or access support; Open Path also serves Canada. Check each organization's service area, current eligibility, privacy terms, and costs. A directory listing does not establish that a particular provider is right for you.

[Open Path](#)

[Melanin & Mental Health](#)

[Therapy for Black Girls](#)

[Latinx Therapy](#)

[Therapy for Latinx](#)

[Asian Mental Health Collective](#)

[Indian Health Service: mental health](#)

[The Loveland Foundation: Therapy Fund](#)

[BEAM](#)

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Keep learning. Find support.

A place to continue

The library's cultural competency and finding-a-therapist guides offer further questions and current links. You can explore without having to share your private history.

[Culture and the helping relationship](#)

[Finding a therapist who fits](#)

[The community companion and support directories](#)

Sources and further reading

Editorial revision: October 13, 2026. The linked authorities provide current rules, services, and evidence.

[1. NIMH: Understanding psychotherapy](#)

ABOUT THIS GUIDE

These guides offer general education for adults. They do not provide personal therapy, diagnosis, medical advice, or a professional relationship with Diana. A qualified professional who can practice where you live can help you apply information to your circumstances. Changes to prescribed care belong in a conversation with your treating professional.

[Read the full educational disclaimer](#)

FROM THE MIC TO THE COMMUNITY

Keep exploring.



Read, listen, and return
at your own pace.

Scan for this guide and its episode links.

theholisticcounselor.com/resources

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Podcast host, educator, and psychoeducational trainer

IF YOU NEED URGENT SUPPORT

If you need urgent emotional support in the U.S. or its territories, the 988 Suicide & Crisis Lifeline offers phone, text, and chat support. For immediate danger or a medical emergency, use your local emergency number (911 in the U.S.). Elsewhere, contact a crisis service in your country. The podcast and its messages are not monitored for urgent care.

988lifeline.org/chat/

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