

T&F India. OWL 2.

Liberation Work, Radicalism in therapy, Abolition and More

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Introduction to OWL 2

As a mental health professional or a service user or as a community member, have you ever thought about what freedom and liberation look like? For yourself, your clients and your people? What role do we play as mental health professionals in the larger political movement?

With OWL2, we at T&F India wish to share **10 resources** that can help you start looking at collective liberation. Unlike other OWLs these have limited explanations, this is intended to help you discover these spaces without any prior judgement.

Note that many of these resources are rooted in promoting the work of people tirelessly giving to the community. At any point if you can, do support them.



Mircro Learning Platforms

These accounts are rooted in creating spaces for liberation and radical work, follow these and discover more of their work.

pat.radical.therapist Their content is a good start to understanding and deconstructing clinical therapy.

eroticsofliberation all thing erotic, rage and liberation. check out their substack as well

pantasticfeminism lived experience, mental health and more.

bonus (follow T&F India and **Parth** here for work around social justice, politics of care and liberation)



Watch/ Listen/Read here:

- **Liberation Psychology: Trauma Informed Integrated Behavioral Health with Dr. Thema Bryant**
- **Liberation Psychology and Social Change: An Introduction to Ignacio Martín-Baró**
- **Radical Therapist Podcast** (highly recommended space to introspect the nature of being radical)
- **Moving from multiculturalism to Abolition: What should it really mean when we say that we are therapists that believe in social justice?**
- **Culturally Connected** (Suggested by Ari) Culturally Connected is an approach that brings together cultural humility and health literacy to help care providers and their clients develop shared understanding of each other's values, beliefs, needs, and priorities.
- **Ismatu** (heavy essays, however their instagram is a good micro-learning space)
- **Recovery for the Revolution** Follow them on instagram for micro-learning as well

very consciously we wanted to keep this OWL devoid of academic literature, books and jargon.

Liberation is rooted in lived experience and community work.

It is crucial to highlight that as mental health professionals we bear a responsibility to make our practice political. While you engage with these resources take time out to advocate for Gaza, Lebanon, Sudan, DRC, Kashmir and more.

If you can donate to families in Gaza, or support these creators by sharing their work.