

hootherapy: Confronting Systemic Racism and Healing

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Synopsis

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Anti-Racist Psychotherapy: Confronting Systemic Racism and Healing Racial Trauma

Transform your understanding of racial trauma.

Anti-Racist Psychotherapy is an approach designed to clarify the mental health effects of racism and provide a neuroscience-informed approach to resolve racial trauma. This audiobook will help you learn a new and unique perspective for conceptualizing racism and recovering from its effects on the nervous system. Using the approaches described in this audiobook will reveal how we can reprocess the pain of our past, inspire hope for the future, and gain a higher level of awareness when discussing the mental health effects of systemic racism.

David Archer, MSW, MFT, is an anti-racist psychotherapist from Montreal, Canada (Tiohtià:ke). In addition to being trained as a clinical social worker, he is also a registered couple and family therapist. Mr. Archer is an ally of LGBTQ, Black, Indigenous, people of color, and all others who seek justice around the world.

Reader's comments

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