



**COUNSELING &
PSYCHOLOGICAL
SERVICES**

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On the Margins (OTM) offers individual, couples, group counseling, and psychological services with licensed mental health professionals. Our counseling and psychological services approach is holistic, culturally responsive, trauma-informed, strengths-based, resiliency-focused, and liberation driven. We honor each person's sociocultural identities, unique story, lived experiences, and meet clients where they are in the growth and change process.

Counseling and psychological services with OTM offer a gathering place where an individual and a mental health professional (e.g., counselor, psychologist, marriage and family therapist, social worker) can gather for connection, care, and accompaniment for 50 minutes. Counseling and psychological services at OTM are provided online (i.e., telehealth). Below are some frequently asked questions for individuals considering these services.

What do we mean by counseling?

Counseling encompasses different treatment approaches and is practiced by diverse clinicians using a wide variety of strategies and interventions.

In counseling, clients work collaboratively with a clinician with the goal of adapting to or improving some aspect of their life. Although clients can enter into counseling for a variety of reasons, it is generally aimed at relieving emotional distress and mental health challenges. Counseling involves examining and gaining insight into difficulties faced by individuals, couples, or families, as well as the sociocultural and political stressors affecting them.

What do we mean by psychological services?

Psychological services involve psychologists' application of psychological knowledge to support people, organizations, and communities with wellness and emotional resilience. Psychologists collaborate with other health care providers to explore new and better ways for people to exist and thrive in a complex world. OTM psychologists offer psychological assessment and biopsychosocial evaluations for immigration purposes.

Who can benefit from counseling and psychological services?

Most people can benefit from counseling and psychological services. According to the American Psychological Association, two general guidelines can be helpful when considering whether you or someone you love might benefit from receiving these mental health services: First, is the problem upsetting? Second, is the problem interfering with some aspect of your life?

To decide whether these services are the right choice for you, you should consider whether you feel sad, anxious, overwhelmed, or irritable more often than not. If the answer is yes, our services may offer emotional and psychological support. It is important to keep in mind that individual wellness is not the only reason someone should seek counseling and psychological services. Inequities, systemic racism, anti-Blackness, anti-indigeneity, xenophobia, and other oppressive forces are sources of deep pain. If you are struggling with emotional pain, relationship challenges, feel stuck in your career, find you are turning to harmful behaviors to cope with unpleasant events, or feel disconnected from the people around you, our services may help.

How do I choose a mental health professional?

It is important to consider potential candidates based on how well you and the mental health professional communicate and whether it seems like you will make a good team. Other factors include accessibility and location. If you are able to see a mental health professional in person, a location close to home, work, or school will likely make services more accessible. If you are unable to travel temporarily or permanently, or are in an underserved area with health provider shortages, online and telehealth options are available and can be effective. You may be able to tell after an initial session whether you feel comfortable with that mental health professional's style. It is important for you to feel that you can develop a close relationship with them because a strong therapeutic relationship makes counseling and psychological services more effective.

What will OTM mental health professionals not provide?

OTM does not currently have a 24 hours crisis response line. If you or someone else is in crisis, please call the National Suicide Prevention Lifeline at 800-273-TALK (8255) or go to your nearest emergency room.



Our Name

Our work centers the struggles of those who lie on the margins of society. Inspired by Dr. Kimberlé Chrenshaw's article "Mapping the margins: Intersectionality, identity politics, and violence against women of color," we exist at the intersection of feminism and anti-racism to de-marginalize the margins.

Mission

Our mission is to collaborate with others to design and implement anti-racist, equitable, and affirming programs, practices, initiatives, and policies. We strive to do this through love, commitment, political action, and freedom dreaming.

Our Vision

We envision a world without prisons and borders that centers racial, gender, economic and ecological justice; that is pro Black Indigenous Womxn of Color and Trans communities; and that cherishes pleasure and imaginative exploration.

Our Philosophy

Engaged in solidarity with communities on the margins of society, we address social disparities with love, commitment, and respect.