Faith and Freedom

Healing Religious Trauma in BIPOC Communities

When religious moral codes are used to dictate who you are, the impact can be deeply disorienting. Intensified by cultural and familial expectations, it can make it hard to define what faith means to you on your own terms. We will hold space for your grief while actively working to rebuild your sense of self.

It's your right to have a spiritual path that honours who you are.

What I Offer:

- Individual therapy to safely process your faith experiences
- Gentle support to define your own values outside of rigid structures
- A collaborative, culturally safe, and non-judgmental space

Ready to take the next step? Let's talk.

Rebekah Baheerathen, MA candidate, Therapist-in-Training, brings experience supporting individuals in crisis. She draws on personal experience navigating questions of faith into a compassionate, personal practice.

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