

About Us

Mission

Antiheld:in is a therapeutic initiative that centers trauma healing for girls and women from marginalized communities through diversity-sensitive and holistic approaches to psychotherapy and counseling. We are dedicated to fostering healing, empowerment, and justice through trauma-informed and diversity-sensitive psychotherapy. Our social mission is to create inclusive, safe, and accessible healing spaces.

Values

We value cultural identity and the dignity of each and every person. We have a diversity-sensitive approach

At its core, Antiheld:in believes that healing is both a personal and collective act—and that everyone deserves care that affirms who they are and where they come from.

Goals

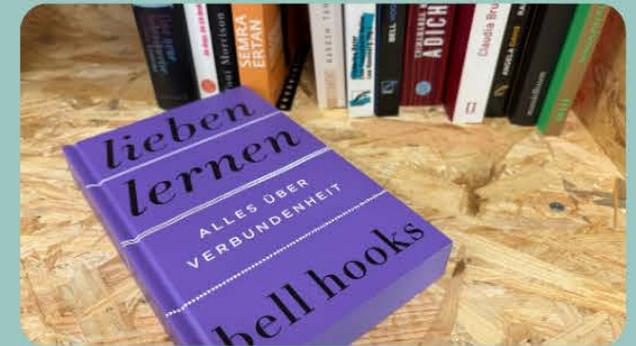
- Providing holistic, trauma-sensitive therapy that honors the mind-body connection
- Empowering women and girls to reclaim their narratives and agency
- Addressing structural barriers in mental health access through community education and advocacy
- Promoting awareness and practices that center inclusivity, intersectionality, and cultural sensitivity in therapeutic work

Contact

www.antiheld-in.de/s-projects-basic
julia@antiheld-in.de



Please reach out to us if you want to support our mission.



Break the Silence
Around Trauma



Our different offers

Group therapy and healing spaces

We want to create safe spaces for women from marginalized communities where they can come together and develop tools for healing, self-regulation and empowerment. Our methods include systemic therapy, trauma therapy and body psychotherapy.

Trainings for professionals

It is important to sensitize other professionals in the mental health care space about systemic injustices and discrimination. These aspects are not part of classic psychotherapy trainings or studies. However, in real life, abuse victims often come from marginalized communities. This requires special training for the therapists involved. We want to make sure that therapists reflect their own role, privilege and position in society before working with clients affected by structural discrimination.

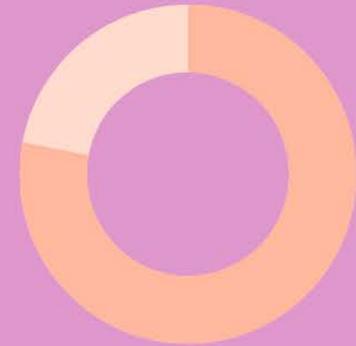


Acute crisis support

Sometimes, people are in a difficult situation that requires immediate help. We want to make sure that people have a lifeline. They can call our emergency phone number to talk to one of our volunteers who are trained in acute crisis support. We want to make sure to stabilize people in acute crisis and to offer long-term support and ongoing psychotherapy for after-care.



How can you support us?



In Germany, most women with a history of abuse, come from marginalized communities.



Only a few of them have access to psychotherapy, compared to the rest of the population.

Help us to change this!

As an organization working with women from marginalized communities, please feel free to reach out to connect and see how the women can join our programmes.

As a foundation or private person, you can target your support by choosing one of our three main pillars (group therapy, trainings for professionals and acute crisis support).