

# Hi, I'm Charity!



## TRAUMA INFORMED MENTAL HEALTH PROFESSIONAL & PODCAST GUEST

Hi, I'm Charity (They/Them)!

I am a queer, kinky, polyamorous person with a mission to improve mental health care for 2SLGBTQIA+ folxs and anyone else who has felt unseen or unrepresented in mental health services. I have always believed stories and education can connect us to one another, foster greater sense of belonging, and are tools for helping us make sense of the world.

## MY TOPICS

- Ethical nonmonogamy, polyamory, and healthy relationships
- Kink and BDSM
- Gender and Sexuality
- Consent and non violent communication
- Substance use from a harm reduction lens
- Music and Imagery a beautiful model of psychotherapy

## FEATURED IN

- Prevent Resist Support Podcast. Guest
- This Polyamorous Life Podcast. Guest
- Thesis: Alternative Family Life in Canada, The lived Experiences of Polyamorous Families in the Fringes of Legality. Author
- PolyamQ's Conference on Non-Traditional Families and Intimacies. Speaker
- European Sociological Association Conference. Speaker

## STATS

8+

Years as a mental health professional

1200+

Thesis reads

## NICE THINGS OTHERS HAVE SAID

"By far that was the best, most concise, and informative podcast I have ever heard discussing kink and BDSM. Charity has an impressive amount of knowledge and experience. I will definitely be sharing this with other people I know that are interested in exploring themselves!"

- Gaelan Prevent Resist Support listener

## ALL THE LINKS

**WEB** [charitysmith-counseling.com](http://charitysmith-counseling.com)  
**EMAIL** [hello@charitysmith-counseling.com](mailto:hello@charitysmith-counseling.com)  
**TEL** +49 (0) 1512 9613309

