



Promoting Stress-Related Growth Among Historically Marginalized Communities: A Trauma-Informed Framework in Response to Political Stress

Stacey Diane Arañez Litam¹ · Clark D. Ausloos² · Christian D. Chan³ · Peter S. Finnerty¹

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Abstract

Individuals who hold historically marginalized identities (e.g., undocumented communities, LGBTQ+ people, Asian Americans) may experience higher levels of psychological distress, relational strain, traumatic stress, and physiological symptoms from a shifting sociopolitical landscape that invalidates identities and rolls back protections. The present article provides an overview of how political stress may adversely impact historically marginalized communities and contribute to severe mental health issues. To attenuate these mental health outcomes, culturally responsive and trauma-informed strategies may be suitable to bolster stress-related growth by resisting the effects. The article concludes with future areas of study to develop evidence-based strategies to support marginalized communities during political turmoil.

Keywords LGBTQ+ · Undocumented · Asian American · Mental health · Political stress

✉ Stacey Diane Arañez Litam
s.litam@csuohio.edu

Clark D. Ausloos
ausloos@oakland.edu

Christian D. Chan
cdchan@uncg.edu

Peter S. Finnerty
p.s.finnerty77@csuohio.edu

¹ School of Education and Counseling, Cleveland State University, Cleveland, OH, USA

² School of Education and Human Services, Oakland University, Rochester, MI, USA

³ The Department of Counseling and Educational Development, University of North Carolina at Greensboro, Greensboro, NC, USA

Elections across the last two decades in the United States precipitated renewed existential dread and psychological devastation among historically marginalized communities. For individuals holding historically marginalized identities, such as lesbian, gay, bisexual, transgender, and queer (LGBTQ+) individuals, Black, Indigenous, and People of Color (BIPOC), People of the Global Majority (PGM), disabled communities, and undocumented persons, this political reality represents not merely disappointment, but a tangible threat to safety, dignity, and well-being. In a study by Ballard and colleagues (2024), Latinx students, women, and sexual minority students in college reported high levels of election-related sociopolitical stress that later predicted higher rates of depression. LGBTQ+, BIPOC, PGM, and undocumented persons face the stark reality of discrimination and psychological harm.

Following the 2016 presidential election, increased rates of psychological distress were reported among LGBTQ+ individuals (Gonzalez et al., 2018; Haas & Lannutti, 2024; Riggle et al., 2018), Spanish speaking individuals (Krupenkin et al., 2019), as well as Asian American communities (Litam 2020; Litam et al., 2021; Chan & Litam, 2021; Oh et al., 2022; Oh & Litam, 2022). These fears were not unfounded, as data show that fears of discrimination and bias-based victimization increased from 16% to 22% when Trump took office in 2016 (Engber, 2018), accompanied by an alarming proliferation of hate groups across America, rising from 954 in 2017 to 1,020 in 2019 (Beirich, 2019). In the wake of the 2025 political shift, counsellors are observing escalating rates of psychological distress, suicidality, and systemic barriers among marginalized communities, each facing distinct challenges that demand nuanced clinical understanding. Indeed, coping strategies in response to political stress tend to be mixed among self-care, substance use, civic engagement, political participation, and activism. Given how traumatic symptoms are rampant post-election (Fraser et al., 2023), implementing a trauma-informed care (TIC) framework is a suitable approach to support historically marginalized communities by acknowledging social experiences, triaging safety, and leveraging culturally responsive practices. This article examines ongoing trends related to political stress and its detrimental impact on well-being; outlines principles of trauma-informed care to support historically marginalized communities; and augments a platform for empirical research linking political stress with trauma-informed counseling interventions and outcomes.

Political Stress Experiences and Mental Health Outcomes

During Trump's first election, higher rates of stress on psychological well-being, physical well-being, and relationship quality were disproportionately reported among LGBTQ+ (Haas & Lannutti, 2024), Asian American (Oh et al., 2022; Oh & Litam, 2022; Litam & Oh, 2022; Litam et al., 2021; Chan & Litam, 2021), and undocumented communities (Bustamante et al., 2012; Hacker et al., 2011), with many clients reporting politics as a major mental health concern (Farber, 2018). From 2017 to 2020, one national survey of Americans ($N = 800$) reported a deterioration of physical health among young, politically engaged, and liberal participants (Smith, 2022).

Political stress represents a form of toxic stress, characterized by persistent activation of the body's stress response system (Shonkoff et al., 2009). This chronic activa-

tion has been linked to significant adverse effects on both mental and physical health (Torres et al., 2018). In today's digital landscape, political stress has become increasingly pervasive, manifesting across social media platforms, entertainment channels, and news outlets (Ford & Feinberg, 2020). In fact, a longitudinal study of U.S. young adults by Zhao et al. (2025) indicated that pre-election anticipatory stress of the 2024 U.S. election was linked to increased risk of depression, while news-related stress was linked to both depression and anxiety. Research consistently demonstrates the substantial impact of political exposure on individual well-being, with studies showing that 40% of Americans have faced online harassment after expressing political views (Vogels, 2021), while more than two-thirds reported increased stress following the 2020 election results (American Psychological Association [APA], 2024).

The psychological impact of political stress is particularly significant because political viewpoints are often linked to core beliefs and values (Kovacheff et al., 2018). Because moral convictions represent essential components of core identities (Strohming & Nichols, 2015), political outcomes that challenge these convictions tend to elicit strong negative emotional responses (Haidt, 2012; Kovacheff et al., 2018). Consequently, political decisions that reduce protections or threaten marginalized communities are significant sources of toxic political stress. Toxic political stress additionally compounds with minority stress, a theory that explains how some groups experience chronic psychological distress due to sociopolitical stigma, impacting personal and relational health outcomes (Meyer, 1995, 2003; Rostosky & Riggle, 2017).

Examples of minority stress range from experiencing subtle forms of discrimination (i.e., assumptions of heterosexuality among queer individuals) to overt actions, like being fired from the workplace. One particularly insidious component of minority stress is that even when discrimination does not occur, the constant mental calculation required to navigate one's identity disclosure to avoid harm can tax the nervous system, relationships, and greatly impede quality of life (Doyle & Molix, 2014; Frost et al., 2015). These fears of discrimination and invalidation combine with political messages from recent Presidential Executive Orders in 2025 that roll back protections for care, treatment, identity recognition, and equity among LGBTQ+ community members, especially transgender folx (Exec. Order No. 14168). The underlying meta message of these orders invalidates queer, transgender, and nonbinary individuals, rendering the lived experiences of transgender, nonbinary, and gender expansive people invisible, ultimately damaging mental health. The 2025 rollbacks in protections among LGBTQ+ individuals, combined with the erasure of transgender and nonbinary identities, are especially alarming given the higher rates of suicidality among this community (Wolford-Clevenger et al., 2017).

Given the sudden shift in sociopolitical landscape following the 2025 Presidential Election, as well as, several ensuing Executive Orders that dismantled progress within the areas of diversity, equity, inclusion, immigration, and sexual and gender identity protections, care, and treatment, mental health care providers must recognize how toxic political stress and minority stress may compound among marginalized communities who are disproportionately impacted. The current political environment is one that undoubtedly activates stress (Zeinert-Ellis, 2020), especially given the consideration of how sociopolitical changes and executive orders may oppress and

discriminate LGBTQ+, undocumented communities, and Asian Americans through shifting laws and social institutions that withdraw protections, care, and treatment, contribute to chronic sexual and gender minority stress, and increase anticipatory fear toward racial/ethnic discrimination.

Stress Experiences Among Undocumented Communities

Undocumented individuals among Mexican, Asian American, and other communities may disproportionately face higher levels of toxic political and minority stress. Counsellors must recognize immigration status as a critical social determinant of health. Research demonstrates that both undocumented status and the associated legal uncertainty directly contribute to mental health distress (Bustamante et al., 2012; Hacker et al., 2011). For example, ongoing narratives from conservative voices continue to scapegoat and incorrectly portray Mexican individuals as dangerous threats to existential and financial success. Individuals perceived to be of Mexican descent face heightened discrimination due to harmful stereotypes, even though these prejudices lack statistical foundation. According to Radford (2019), Republicans estimated the figure of undocumented Mexican individuals at 18% despite the actual figure reported as closer to 3%. Interestingly, the greater the misperception, the more likely voters reported they would vote for Trump (Gelfand, 2020). Undocumented communities face unique forms of stress that may contribute to higher rates of toxic political stress and historical trauma (Valentín-Cortés et al., 2020). For example, fears of raids, deportation, and family separation among Latina woman during Trump's 2016 campaign was linked to waiting longer to seek prenatal care and seeking care less often (Chu et al., 2019). Persistent deportation fears are also linked to physiological factors, like high blood pressure and an increased rate of obesity, which have been identified as cardiovascular risk factors of preterm birth rates (Torres et al., 2018) and may explain the reported 3% increase in preterm births among Latina women in the nine months following the 2016 election (Gemmell et al., 2019).

Stress Experiences Among LGBTQ+ Communities

The post-election period following Donald Trump's ascension to the presidency in 2016 has been marked by increased stress and anxiety among LGBTQ+ individuals. This phenomenon can be attributed to a combination of political rhetoric, policy changes, and societal attitudes that have intensified feelings of vulnerability within this community (Mimiaga & Yonko, 2025). Research indicates that the political climate during and after the election has had a profound impact on the mental health of LGBTQ+ individuals, exacerbating existing stressors related to their sexual orientation and identity. According to the U.S. Census Bureau (2025), a total of 1.4 million households in the U.S. are same sex couples. Following the 2016 election, higher stress related to sexual orientation rumination, daily experiences of harassment, and symptoms of depression and anxiety were reported among LGBTQ+ communities (Gonzalez et al., 2018). A four year longitudinal national study from 2017 to 2020

($N=1280$) identified five dominant themes that arose among LGBTQ+ individuals across the four years Trump was in office; An actively anti-LGBT administration; Regression of LGBT+ rights and protections; Increased societal and anti-LGBT+ hate and bigotry; Negative LGBTQ+ psychological impact due to increased discrimination, and; Fear of a lack of future for LGBTQ+ equality (Haas & Lannutti, 2024).

Alarming, The Trevor Project's crisis services experienced an unprecedented 700% surge in contact volume immediately following the 2024 election, with election-related conversations increasing by 5,200% compared to pre-election averages (The Trevor Project, 2025). This acute response emerged against existing data showing 90% of LGBTQ+ youth reported negative mental health impacts from recent politics, and evidence showing connections between anti-transgender legislation and increased suicide attempts in this population (Lee et al., 2024).

The surge in distress among LBGQ, and specifically Transgender and Gender-Expansive (TGE) folx is not unfounded. President Trump signed executive orders that the government will only recognize two sexes (Exec. Order No. 14168), as well as orders that end all federal support for gender-affirming care for minors (Exec. Order No. 14187). In addition, he signed orders to end federally funded diversity, equity and inclusion programs (Executive Order 14151), removed transgender protections from federal laws (Executive Order 14168), and banned transgender athletes from women's sports (Executive Order 14201). President Trump's 2025 executive orders directly attack transgender and gender-diverse people, especially youth, by stripping them of legal recognition, healthcare access, and basic protections.

Stress Experiences Among Asian American Communities

Rates of anti-Asian discrimination skyrocketed following political rhetoric from Trump that portrayed the COVID-19 as the "China Virus." The implications of perpetuating xenophobic rhetoric resulted in high rates of experiencing and witnessing anti-Asian discrimination that was linked to increased reports of psychological distress and lower levels of life satisfaction among Asian Americans (Oh et al., 2022a, b; Litam & Oh, 2022c), including Chinese Americans (Litam, 2020; Litam et al., 2021a; Chan & Litam 2021b), Filipino Americans (Oh et al., 2022a, Oh & Litam 2022b, c), Korean Americans, and Asian international workers (Oh et al., 2022a, Oh & Litam 2022b, c). Following his return to office, Asian Americans may feel particularly vulnerable to ongoing instances of discrimination due to the underlying sociopolitical climate endorsed by Trump.

Trump's Executive Orders portraying language to "Protect the meaning and value of American citizenship" (Executive Order 14160), "Protect the American people against invasion" (Executive Order 14159), and "Restore freedom of speech" (Executive Order 14149) communicates messages that underscore the conditional nature of an Asian American identity. Independent of citizenship, nationality, origin, or birth right, those who hold an Asian identity tend to be seen as Asian first, before they are ever considered American. This perpetual foreigner stereotype (Cheryan & Monin, 2005) renders Asian Americans as unimportant despite their longstanding contributions to American history. Indeed, Asian American history is American history; their

contributions to American society span from the mid 1800's, when Chinese migrants were emblematic to the Transcontinental Railroad, to the scores of Filipino nurses who sacrificed their lives in the COVID-19 pandemic (Litam, 2025). Although Filipinos comprise 1% of the U.S. population, they make up 4% of the nursing workforce. Approximately 24% of nurses who died from COVID-19 complications were Filipino (National Nurses United, 2021).

Stress-Related Growth Frameworks Relevant to Marginalized Communities

Employing trauma-informed care principles to buffer the effects of political stress reinforce preexisting models relevant to the cultural identity development and well-being of historically marginalized communities (Rowland & Cornell, 2021). Introducing stress-related growth interventions culminates from critical consciousness, stress-related growth and resilience, and trauma-informed care. Together, these frameworks orient counsellors beyond symptom reduction toward practices that names systemic harm, mobilize cultural and community resources, and prioritize therapeutic safety.

Critical Consciousness

When considering strategies to support marginalized communities, critical consciousness arises as a helpful strategy to move beyond reflection, thinking, and analysis in ways that inform action (Watts & Hipolito-Delgado, 2015). Critical consciousness transforms communities by empowering individuals to analyze the systems they are in and engage in action-oriented equity and social justice (Shin et al., 2018). Particularly salient to the 2025 election, research demonstrates that specifically youth involvement in community organizing cultivates a sustained commitment to confronting systemic inequities, transcending personal beliefs about their capacity to effect change. (Christens et al., 2021). Critical consciousness can mitigate the negative effects of compounding stress, foster resilience, and promote stress-related growth (Christens et al., 2021; Shin et al., 2018; Watts & Hipolito-Delgado, 2015). The interventions described below translate this framework into specific counseling practices, including pathways for youth engagement.

Stress-Related Growth and Resilience

Stress-related growth, sometimes referred to as posttraumatic growth (PTG), occurs when folks experience positive changes and growth manifested in various ways, in light of the stress and/or trauma they face (Litam et al., 2021; Chan & Litam, 2021). Indeed, undocumented immigrants, LGBTQ+ community members, and Asian Americans hold identities that have historically demonstrated resilience and existed and persisted in systems that were not built in ways that consider their experiences. These individuals hold identities that are forged and strengthened from histories of struggle, resilience, and solidarity. Individuals who hold historically marginalized

identities carry histories characterized by fighting oppressive and inequitable systems, often solely for the right to exist.

Counsellors can cultivate resilience and stress related growth among these communities by leveraging their stories of struggle and inviting them to call upon diverse forms of cultural and community capital. Additionally, counsellors must consider community resilience and collective care, a community's ability to support and empower its members, as an important part of community-level resistance, and promoting growth in its' members (Parmenter & Galliher, 2024). In fact, research demonstrates the efficacy of strong relational networks within communities as buffers of stigma and discrimination, particularly in the aftermath of crises (Oh et al., 2022; Oh & Litam, 2022; Litam & Oh, 2022; Luthar et al. 2020; Shigemoto 2021). While there is much discourse surrounding digital media and communication tools, research demonstrates that digital tools can aid in community connection and engagement, facilitating communication, and sharing resources (Li et al., 2024).

Trauma-Informed Framework

Trauma-informed care (TIC) emphasizes understanding the impact of trauma on individuals and creating a safe, supportive environment that fosters healing and empowerment (Chokshi & Goldman, 2021). For undocumented clients, for example, TIC is essential due to unique compounding factors like ongoing fear of discrimination, family separation, and deportation, greatly impacting their mental health (Navarro Flores et al., 2023). For LGBTQ+ clients, TIC might involve recognizing specific sociopolitical stressors, unique discrimination in the workplace and in education, and possible family rejection (Ausloos, 2023). Asian American clients may present unique traumas related to cultural stigma surrounding mental health seeking behaviors, unprocessed intergenerational trauma and limiting cultural scripts (Litam, 2025), and strong cultural and familial expectations and values (Xu et al., 2011).

Interventions for Promoting Stress-Related Growth

Building upon these foundational elements of cultural and relational support, counsellors can facilitate stress-related growth in therapeutic settings in concrete ways. A fundamental approach involves exploring clients' adaptive beliefs about the world's inherent goodness, fostering perspectives that support psychological resilience (Updegraff & Taylor, 2000; Vázquez et al., 2021). This orientation toward optimism connects closely with developing openness to future possibilities, allowing clients to envision positive outcomes despite current challenges (Vázquez et al., 2021). When clients process discrimination experiences, counsellors can guide them in identifying how these challenges have strengthened their self-advocacy and authentic self-expression, transforming traumatic experiences into sources of empowerment and identity-affirming growth.

Counsellors should support clients' strengthening healthy, interpersonal connections and deepening appreciation for existing relationships. Studies indicate that feeling connected to others serves as a crucial foundation for post-stress growth (Henson

et al., 2021; Vázquez et al., 2021). Within this framework, counsellors help clients identify issues and areas within their control, promoting a sense of empowerment that can mitigate helplessness associated with stressful experiences (Updegraff & Taylor, 2000). For undocumented clients, for example, counsellors should focus on fostering connections with trusted support networks while maintaining careful attention to privacy and safety (Benavides et al., 2021). Counsellors can help clients build resilience within systemic constraints by emphasizing client agency in choosing trusted confidants and developing strategies for maintaining psychological well-being despite barriers. Referrals for or establishment of educational initiatives such as resilience workbooks within group settings (Kwon et al., 2020) and deconstruction/re-narration of negative stereotypes and critique of immigration policies through community organizing programs can lead to increased interpersonal support, resilience, and adaptive sense of identity (Rodriguez, 2017). These programs may be especially helpful for school and mental health counsellors who serve undocumented populations by cultivating a network and collectives of fellow undocumented persons and allies. The presence of a meaningful and strengthened community may increase mental wellbeing and decrease the trauma symptoms associated with stigmatization and violence (Benavides et al., 2021).

Because community increasingly occurs online, counsellors should attend to clients' digital lives when facilitating connection. Digital tools and virtual spaces can increase access, which is particularly consequential for clients in regions with restrictive policies or without physical access to affirming community (Lee et al., 2024). Counsellors can support clients in locating moderated online support groups and identity-specific forums, accessing telehealth and virtual affirming care, and following advocacy organizations that provide vetted policy updates. At the same time, counsellors must attend to the capacity of these same platforms to intensify distress through amplification of hostile political content and exposure to harassment (Ford & Feinberg, 2020; Vogels, 2021). Clinical work can therefore include collaboratively developing parameters for consumption, curating feeds *toward* community and *away* from commentary, and identifying which platforms reliably provide connection. For undocumented clients specifically, discussions of digital engagement should incorporate attention to privacy settings, metadata, and the visibility risks that accompany online participation, consistent with the broader emphasis on client agency in determining safe disclosure (Benavides et al., 2021).

Counsellors may also offer acceptance-based coping strategies, helping clients navigate challenging circumstances while maintaining psychological flexibility (Henson et al., 2021; Updegraff & Taylor, 2000). Additionally, counsellors should engage clients in meaning-making processes, enabling clients to integrate stressful experiences into their broader life narrative and strengthen their sense of purpose (Henson et al., 2021; Updegraff & Taylor, 2000; Zięba et al., 2019). Counsellors working with Asian American clients, for example, can explore how experiences like code-switching between cultural contexts or confronting racism have strengthened their adaptability and resilience while deepening commitment to social justice, action, and equity.

Counsellors should also encourage action-oriented growth, when safe and possible, by supporting clients in taking concrete steps toward their therapeutic goals

(Henson et al., 2021). Utilizing a queering approach for counselling modalities can assist in the deconstruction and reconstruction of scripts and narratives associated with sociopolitical stress among LGBTQ+ communities (Rowland & Cornell, 2021). Implementing specific interventions and processes from affirming TIC modalities can additionally lead to liberation mindsets and decreased trauma symptomology through developed resiliency (Levenson et al., 2023). As an example, queer feminist narrative therapy assists clients to recognize the realities of sociopolitical oppression, deconstruct and reconstruct dynamics, and re-author the approaches taken when conceptualizing oppression, promoting personal and collective liberation, and mitigating trauma symptoms (Tilsen, 2021). Counsellors can facilitate action-oriented growth through carefully scaffolded relational-cultural interventions that account for safety, cultural context, and individual readiness (Butler, 1990; Singh & Burnes, 2010). Therapeutic work might focus on identity exploration through activities such as private journaling about identity experiences, role-playing pronoun-use, and troubleshooting coming out conversations within the therapeutic space (Goodrich et al., 2016).

Critical consciousness becomes actionable in counselling when counsellors support clients in moving from analysis of systemic harm toward participation in efforts to address it. For youth specifically, counsellors can identify and facilitate access to developmentally appropriate and affirming supports, such as school-based affinity groups, youth participatory action research (YPAR) projects, photovoice and digital storytelling initiatives, youth advisory boards within community organizations, and structured opportunities to offer public comment or testimony on proposed policies (Christens et al., 2021; Watts & Hipolito-Delgado, 2015). School counsellors are especially well positioned for this work, given their access to existing structures within the building. The counsellor should support scaffolded activism, for example, helping youth identify an issue of personal salience, assess the risks of visibility within their contexts, determine level of identity disclosure, and process outcomes. In this way, community engagement is both a vehicle for critical consciousness and a source of relationality and meaning making (Henson et al., 2021; Zięba et al., 2019).

Culturally Responsive Strategies

TIC is rooted in culturally responsive strategies that reduce the likelihood of retraumatizing clients from historically marginalized communities and reinforce cultural values. Counsellors can enhance resilience and stress-related growth with clients by reaffirming their authenticity, establishing and exploring boundaries with clients, allowing clients to reflect on negative experiences, and leveraging their strengths toward positive change and growth (Hall, 2016). This strength-based approach becomes particularly powerful when grounded in cultural and community contexts. Counsellors may invite these conversations by exploring prompts such as, “How do members of your community define strength?” “What are some ways that your community engages in healing?” and “Tell me a story about how your ancestors, elders, and/or community leaders engaged in meaningful forms of social resistance” (American Psychiatric Association, 2013). These culturally informed dialogues help clients reconnect with their heritage and collective wisdom, while simultaneously process-

ing their personal experiences. Indeed, engaging in shared forms of storytelling functions as a modern form of critical consciousness raising, allowing clients to situate their individual growth within broader historical and social contexts. For youth clients, these narrative practices can serve as an entry point to collective engagement, moving from naming shared experience within the counselling relationship to acting on it within community. While community support and family connections are vital, it is essential to let clients define ‘family’ in their own way. Family can include assigned/biological relatives, chosen family, or other trusted individuals who provide safety and support in the client’s life. The focus should be on fostering connections with people the client identifies as safe and nurturing, regardless of traditional family structures. Leveraging community relationships could be central to sustaining stress-related growth long-term by realizing collective healing from trauma rather than an individual effort (Huynh, 2023). Counsellors must remember that chosen family and community may be sustained across digital as well as physical space, particularly for clients whose immediate geographic context is unsafe.

Future Directions for Research

Researchers must address key gaps in our understanding of political stress and resilience among marginalized communities. While this article highlights how several marginalized groups face heightened stigmatization, discrimination, and mental health distress, it does not capture the full scope of sociopolitical impacts on diverse communities. Future studies should take a comprehensive intersectional approach to examine how individuals with multiple marginalized identities experience compounded stress and develop unique resilience and post traumatic growth strategies. The impact of political stress on family relationships and mental health outcomes warrants greater empirical attention, particularly among communities grounded in collectivistic worldviews. Within these communities, political conflict may not remain an individual stressor and may contribute to relational strain, intergenerational tension, and disruptions in family cohesion in ways that impact mental health and life satisfaction. Researchers should additionally investigate how political stress influences family dynamics, the transmission of intergenerational trauma, and its effects on child development within impacted families (DeJonckheere et al., 2018; Riggle et al., 2018). Further research should explore geographic and regional disparities, particularly the effects of local policies on community well-being and the differences between rural and urban populations. Additionally, studies must investigate the dual roles of digital and social media, in both exacerbating strength and fostering resilience.

A critical area of focus is the potential rise in anti-Asian discrimination including how such biases contribute to intergenerational trauma. Research should also examine the ongoing invalidation of transgender, gender fluid, nonbinary, and gender expansive identities, assessing the impact on mental health and identifying strategies to promote care, protection, and health equity (Horne et al., 2022). More broadly, scholars must explore how toxic stress and minority stress affect the mental health, relationships, and well-being of LGBTQ+ individuals (Mimiaga & Yonko, 2025).

Conclusion

Counsellors working with marginalized communities in America's challenging sociopolitical landscape must adopt uncolonized approaches that integrate trauma-informed care, cultural responsiveness, and critical consciousness to effectively promote stress-related growth (Christens et al., 2021; Watts & Hipolito-Delgado, 2015). This framework acknowledges both individual and collective resilience while recognizing the impact of systemic barriers and the need for culturally responsive strategies (Parmenter & Galliher, 2024; Shigemoto, 2021). To support healing, counsellors must work collaboratively with clients to leverage cultural capital and community resources while implementing specific therapeutic strategies that honor clients' lived experiences (Li, 2024; Vázquez et al., 2021). By combining these elements thoughtfully, counsellors can help clients transform challenging experiences into opportunities for meaningful growth while advancing broader social justice goals (Henson et al., 2021; Zięba et al., 2019). Most importantly, this work must center client agency, safety, and self-determination while recognizing healing occurs within both individual and community contexts, particularly as marginalized communities navigate an increasingly inhospitable sociopolitical environment (Updegraff & Taylor, 2000).

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Data Availability No datasets were generated or analysed during the current study.

Declarations

Competing Interest The authors declare no competing interests.

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