

Class Notes

Building Therapy for Black Girls
with Dr. Joy Harden Bradford



✓ Building Culturally Competent Care

Dr. Joy shares how important it is to create a space where Black women feel heard and supported. She emphasizes the value of culturally informed therapy that directly addresses the unique challenges faced by Black women.

✓ Growing a Platform for Mental Health

Therapy for Black Girls began as a blog, but Dr. Joy's commitment to sharing valuable mental health resources led to a thriving directory and podcast. She discusses the evolution of the platform and how the podcast helped amplify her mission.

✓ The Role of Podcasting in Career Growth

Dr. Joy talks about how podcasting opened doors for her, leading to speaking engagements and even a partnership with iHeart. She shares tips for using podcasts as a platform to expand your reach and influence.

✓ Scaling a Business with Purpose

Dr. Joy reflects on the importance of building a team that aligns with your mission. She talks about the growth of her team, the role of community engagement, and how she ensures that Therapy for Black Girls continues to focus on Black women's mental health.

✓ Balancing Speaking Engagements and Family Life

With her growing success, Dr. Joy shares how she's learned to carefully manage speaking engagements and appearances to protect her energy and prioritize family time.