

Welcome to episode 129 of the Therapy Chat Podcast with host Laura Reagan, LCSW-C. This week's guest features Xanthia Johnson, LCPC. She is the founder of Urban Playology in Washington, DC. Urban Playology provides psychotherapy services to children, adolescents, individuals, couples and families.

During defining transitions, she provides a safe place for you to be who you are. Whether you are 2 years old or 85 years young, you will enjoy a transformative experience. Her clinical areas of specialization and interest include but are not limited to: Women & Women of Color Issues, Urban Play Therapy, Expressive Arts, Sandtray Therapy, Grief & Loss, LGBTIQ Folk, TF-CBT, Broad Spectrum Couples & Family Work

At Urban Playology, they utilize an Integrative therapy model with emphasis on advocacy and social justice for all clients. This approach helps them provide optimal support and sustainable nurturing for all clients. They offer professional training, clinical supervision, and clinical consultation on advocacy projects of interest.

In this episode, you will hear Xanthia discuss representation and connection via expressive arts as Laura and Xanthia talk about the film "Black Panther".

## **Resources**

Dante's RESPECT video: [https://youtu.be/yII9\\_sQATXU](https://youtu.be/yII9_sQATXU)

Find Xanthia Johnson at: <http://www.urbanplayology.com/>

Laura's Facebook post with resources to learn about privilege, racism, oppression:  
<https://www.facebook.com/LauraJReaganLcswC/photos/a.738409226187611.1073741828.624687057559829/2008445822517272/?type=3&theater>

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