

HOLISTIC HEALING & BREASTFEEDING

SEASON 1

SHIFT

WITH P. S. BLOSSOM



Narrative Change SHIFT with P.S. Blossom

The US has a complex history with race, reproduction, and class, which leads to negative health outcomes for women and other birthing people of color. Dominant public narratives surrounding these health outcomes do not always reflect the perspectives, voices, or lived experiences of women and other birthing people of color. The P.S. Blossom podcast explores issues at the intersections of reproductive justice and capital with a specific focus on the autonomy of women and other birthing people of color.

SHIFT with P.S. Blossom is a guide that accompanies each topic covered in the P.S. Blossom podcast. It provides a reproductive justice approach to controversial conversations. We encourage readers to actively participate in SHIFT-ing the Narrative by sharing personal stories and lived experiences in their communities.

Holistic Healing & Breastfeeding

The postpartum period extends from immediately after birth to one-year post-birth. Postpartum is a time period of healing that is often overlooked, putting the health of mothers, other birthing people, and newborns at risk. Black and Indigenous communities face additional challenges during this period. Insufficient research, taboos, racism, medical bias, and historical trauma present in the system increase the number of maternal and infant mortality rates each year.

Not having access to proper physical and mental care, and negligent family leave policies, increase the already high risks Black and Indigenous communities face. Postpartum depression is one of the most common mental health-related postpartum diagnoses. There's a noticeable lack of information, educational-related programs, and support systems available. Comprehensive and intersectional care can prevent various postpartum complications, as well as save many lives.

NARRATIVES AROUND HOLISTIC HEALING & BREASTFEEDING

Sometimes it is difficult to identify harmful dominant narratives, since they are deeply rooted in our culture. By identifying harmful dominant narratives, we can positively SHIFT social structures and behaviors.

Here are some examples of **harmful dominant narratives** around holistic healing and breastfeeding:

- “The minute you give birth, everything in your body goes back to normal. You’re not pregnant anymore.”
- “What are you depressed about? You just had a baby! You should be happy!”
- “It’s in your genes. Women have been giving birth for centuries. It’s not that difficult.”

Here are examples of healthier **intersectional counter narratives** that can help SHIFT harmful dominant narratives:

- *Birthing a child changes you psychologically, energetically, physically, emotionally, environmentally, and mentally. That takes time to heal through and from.*
- *Equitable and comprehensive support systems can help minimize mental and physical health issues that arise during pregnancy and after birth.*
- *The person giving birth needs and deserves as much care as the newborn.*

“ **The world—even the medical and psychological field—doesn’t necessarily know how to receive and sit with and hold space for the mental wellness and mental unwellness of birthing people. ”**

—Angelique Burke



Wasidah Francois *(she/her)*

S1 EPISODE 4+5

[Wasidah Francois](#) is a well-known NYC-based Holistic Health & Wellness Specialist. She was certified as a Sound Bath Practitioner by Sacral Sounds. She is also certified as a doula by Mama Glow, the National Black Doula Association, and The NAFSA Project School (a traditional Moroccan doula program). Additionally, she has a B.A. in Fashion Design and worked as a professional stylist with Barneys, Saks Fifth Avenue, and Bloomingdale's. Wasidah enjoys working with women and encouraging them to get healthy and stay healthy during pregnancy. Her combined backgrounds in fitness and fashion make her a unique and formidable partner for the childbirth journey. She is dedicated to keeping her clients fierce, well-dressed, fit, and fabulous before, during, and after pregnancy with a regimen of diet, exercise, meditation, shopping, and anything else needed during those transformative months.

“ I had no idea that my mental health and the way I was eating would matter so much to conceive. ”

“ One of the things I was taught in doula training is the importance of play. Are you roller skating? I'm roller skating every day because a part of me is re-connecting with the younger Wasidah that didn't have those opportunities. ”

ON THE EPISODES

During [Moving Through Healing - The Reproductive Journey \(Part 1\)](#), we unpack [Angelique's](#) seven Pillars of Wellness and her process when addressing the strongholds she has experienced toward each of these areas of thriving. We talk about the difference between self-care and "radical care of self" and how the circumstances of each differ for Women of Color today. This conversation explores the broad scope of postpartum care, postpartum depression, and postpartum OCD, as well as the changing perceptions surrounding these issues. During [Moving Through Healing - The Reproductive Journey \(Part 2\)](#), we pick up where we left off and take a closer look at how our communities have the ability to both support and hurt us before discussing [Angelique](#) and [Wasidah's](#) experiences with feelings of loneliness and how they've learned to address them. Our guests go on to unpack what it means to feel safe in one's body, why it's so important for mental wellness, and recommended strategies on how to prioritize mental health. We also discuss using the power that we have to make a difference through Angelique's practice of radiating love, compassion, and healing, and Wasidah's ability to create a space for women to just show up authentically.



Angelique Burke *(she/her)*

S1 EPISODE 4+5

[Angelique Burke](#) graduated from the Florida State University's College of Education with a dual Master's of Science in Career Counseling and Mental Health Counseling and an Educational Specialist degree. While attending Florida State University, she obtained further specialization and experience via the Arts in Community Practice Certificate Program, supporting her ability and interest in using Expressive Arts, Music, and Dance in therapeutic work with clients in group and individual sessions. She is a trained Imago Couples Therapist, and her most recent education and training have yielded Certification from The Anxiety & Stress Management Institute (ASMI) as a Clinical Hypnotherapist.

“ We're working within the confines of a system that is not always the most friendly to the most vulnerable population. ”

“ My experience of loneliness is not the same as it was before because I have learned to really love, and fall in love with, my own company. I get that, that is a place of privilege, from getting to do a lot of personal work, and that's not easy to come by. ”

“ I like to remind myself that feelings aren't fact, and this is a part of the process, and I'm always going to rise until my work is done. ”

Angelique believes in the healing power of relationships, community accountability, intervention, responsibility, and self-empowerment. She utilizes a wide range of varied and diversely inclusive therapeutic approaches, activities, and techniques. She provides services to Men, Women, Young Adults, LGBTQI Individuals and Couples, Persons With Disabilities, Poly individuals and Units, and Folks in "alternative" lifestyles such as BDSM, Kink, and Leather.

“ I don't want to minimize the experience of loneliness for anybody else. What I did recognize for myself is that the feeling of loneliness was more of a feeling of not being mirrored. A feeling of not accepting myself. A feeling of not being accepted. ”



“ We have to take care of the mother so that she can take care of the baby, but we also have to take care of the mother so that she is well taken care of. ”

Jacqueline Kincer *(she/her)*

S1 EPISODE 15

[Jacqueline Kincer](#) is a dedicated breastfeeding advocate and the visionary behind Holistic Lactation®. Serving as the founder and CEO, Jacqueline is committed to empowering breastfeeding families worldwide. As a mother of two, Jacqueline has personally faced and conquered her own breastfeeding challenges. This firsthand experience has granted her a deep understanding of the multifaceted obstacles that families may encounter along their own breastfeeding paths. Recognizing that breastfeeding success is influenced by numerous factors, Jacqueline adopts a holistic approach. She acknowledges the significance of mental health, financial barriers, systemic injustices, inadequate policies, and unrealistic expectations in shaping the breastfeeding experience.

Jacqueline’s ultimate goal is to empower mothers, allowing them to define their own breastfeeding success and discover what truly works best for them and their babies. With unwavering determination, she strives to dismantle barriers, foster empowerment, and promote a breastfeeding journey that aligns with each family’s unique circumstances.

ON THE EPISODE

In [Breastfeeding and Accessibility to Care](#), [Jacqueline Kincer](#) speaks about how nothing went the way she expected it would when she had her first child. Through connecting with other new mothers, it became clear to her that there was a lack of educational resources available to this community. In the months that followed, instead of taking the next step in her successful career as a stockbroker, Jacqueline followed her heart and became an International Board Certified Lactation Consultant (IBCLC).

“ One of the most powerful gifts that we are given as mothers is our intuition. ”

“ There’s a lack of resources for everybody right now, but when you’re a woman of color, it’s so much more pronounced. ”

“ Your overall health status is going to determine breastfeeding. ”

Reflection Questions

- What are your thoughts about the mental state of a mother and other birthing person in the postpartum period?
- How much time do you think a person needs for the healing and postpartum period?
- How many postpartum mental health-related diagnoses have you heard of?
- Are you aware of the disparities Black and Indigenous communities face in the medical community?
- How important do you think a support system is during this period?
- What main changes do you think a person goes through after birth?
- How did breastfeeding shape your postpartum journey?
- How can you prioritize radical self-care more in your life?

Follow Our Guests

Wasidah Francois's [LinkedIn](#)
IG: [@wasidah_____](#)

Angelique Burke's [LinkedIn](#)
X: [@rawservicesatl](#)

Jacqueline Kincer's [LinkedIn](#)

Guest Recommendations Topic

Moving Through Healing - The Reproductive Journey (Part 1)

- Listen to the episode [here!](#)
- Read the full episode transcript [here!](#)
- Wasidah Francois [Website](#)
- [R.A.W. Connection Services](#)

Moving Through Healing - The Reproductive Journey (Part 2)

- Listen to the episode [here!](#)
- Read the full episode transcript [here!](#)
- [Sit The Fuck Down Yoga](#)
- [Therapy For Black Girls](#)
- [Black Emotional and Mental Health Collective \(BEAM\)](#)
- [Charis Books](#)
- [HOPE Center Harlem](#)
- [Rubin Museum of Art: Mindfulness Meditation](#)
- [The Open Center](#)

Breastfeeding and Accessibility to Care

- Listen to the episode [here!](#)
- Read the full episode transcript [here!](#)
- [Holistic Lactation](#)
- [Breastfeeding Talk Podcast](#)
- [The Melanated Mammary Atlas](#)
- [WIC](#)
- [International Board of Lactation Consultant Examiners \(IBLCE\)](#)

Relevant Social and Platform Links

Rhia Ventures is a social impact organization with a mission to advance reproductive and maternal health equity by intentionally leveraging capital to center the needs, experiences, and perspectives of historically marginalized people in decision-making.

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P.S. BLOSSOM TEAM

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