

Oath of Mental Health Professionals and Healthcare Workers for Liberation

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<https://www.instagram.com/p/DAipfreSxyu/>

In the spirit of justice and the quest for freedom I take this oath as a mental health professional and a doctor.

I vow to stand firmly against all forms of colonialism, racism, oppression and exploitation, recognizing that my role is not merely to treat symptoms but to challenge the systems that dehumanise and subjugate.

I will never be complicit in or silent about acts of torture and I will expose all forms of oppression and injustice.

I will hold sacred the dignity, culture and history of every individual and community I serve, striving to heal the wounds inflicted by oppression and supporting the reclaiming of identity and the agency that colonialism seeks to erase.

I will listen with deep respect to those who have been silenced, ensuring that their voices guide my actions and decisions.

I will amplify their calls for justice standing beside them in solidarity.

I will foster the collective healing of traumatised communities, understanding that true restoration requires the mending of both the personal and the social fabric.

I will advocate for justice and work to transform the conditions that perpetuate suffering and despair.

I will honour the courage and resilience of those who resist oppression, recognizing their struggle as a vital and healthy response to injustice.

I will reject any attempt to pathologise their resistance, upholding their right to fight for their freedom and dignity.

I will conduct myself with humility and a commitment to unlearning biases and assumptions that may cloud my professional judgement.

I will seek wisdom from those who have endured the weight of colonialism and oppression, allowing their experiences to shape my practice.

I will learn from the experiences of liberated peoples and continue to develop my knowledge and expertise in serving the causes of justice and liberation.

In all these endeavours I will not use my profession as a tool of control but as an instrument of liberation and healing.

I will dedicate myself to the pursuit of justice, freedom and dignity for all until the chains of oppression are broken and every human being can live with honour and peace. Thus I commit to uphold this off with unwavering resolve throughout my professional journey, wielding my strength and passion to forge a more just and humane world.

This is my promise, my invocation of liberation.