



SOL PSYCHOLOGY



For many Iranians living in the United States, what is happening in Iran is not something occurring at a distance—it is deeply personal. You may be living, working, and raising a family in America while simultaneously worrying about a parent, sibling, child, relative, or friend in Iran. Some individuals are grieving the death of someone they love; others have family members who have been detained or imprisoned, are unable to communicate reliably with relatives, or live with the constant fear that someone they care about may be harmed. Others experience profound sadness and helplessness because they cannot safely return to Iran, visit aging parents, attend a funeral, support a loved one in person, or simply know when they will see their family again. These experiences can create a form of ongoing trauma in which the threat or uncertainty has not fully ended. Anxiety, grief, anger, guilt, helplessness, difficulty concentrating, sleep disturbance, intrusive thoughts, hypervigilance, emotional numbness, and a persistent need to check the news or contact family are understandable psychological responses to prolonged uncertainty, loss, and fear.

As a Farsi-speaking psychologist, I provide culturally informed, trauma-focused psychotherapy for Iranian and Farsi-speaking adults in the United States who are struggling with the emotional impact of these circumstances. Therapy is a confidential space where you do not have to translate your culture, explain the importance of family relationships, or search for English words to describe experiences that may feel more natural to express in Farsi. Our work may include processing traumatic experiences and grief, coping with ambiguous loss and family separation, reducing anxiety and physiological hyperarousal, addressing survivor guilt and feelings of powerlessness, improving sleep and emotional regulation, and developing healthier boundaries around distressing news and social media without asking you to disconnect from the people and events that matter to you. Treatment is individualized and may incorporate trauma-informed cognitive and emotional processing, grounding and stabilization skills, grief work, and strategies for restoring a sense of safety, connection, and functioning in everyday life.

One of the difficult realities of diaspora trauma is that a person can be physically safe in the United States while emotionally remaining in a state of emergency. A phone call from Iran, a period of silence from a family member, a video circulating online, or news of an arrest or death can immediately reactivate fear and distress. Therapy does not erase the reality of what is happening, nor does it ask you to stop caring. The goal is to help you carry these experiences without allowing fear, grief, and uncertainty to consume every part of your life. You can remain connected to your family, your culture, and what matters deeply to you while also receiving support for your own psychological well-being.

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