

# HEALING OUT LAO'D

*a practice space exploring the intersections of lao diaspora storytelling x healing x tools for sustainability*

## ABOUT

Created and hosted by Rita Phetmixay, Healing Out Lao'd is a podcast platform and community practice space, exploring the intersections of Lao diaspora storytelling, healing and tools for sustainability! Historically, thousands of Lao folx fled Laos during the "Secret War," a name which gives so much reason as to why many Lao people still get the question: "where and what is Laos?" This contributes to the erasure of an entire population of people who escaped a violent war to begin new lives in foreign places across the globe.

**What does it mean to be a part of the Lao diaspora?**

**What does it mean for future generations to access their authentic truths beyond surviving?**

This space is more than a collection of stories from the Lao diaspora and in no way does it intend to replace or overlook the intergenerational traumas Lao folx have experienced overtime. Rather, it serves as a landing point for the Lao diaspora to acknowledge and nurture their truths, heal from past traumas, move forward and thrive. Essentially, HOL is a holistic mental health and wellness resource and show for the people, by the people.

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*About creator/host*

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**RITA PHETMIXAY**

Rita Phetmixay (she/they/boo) is a Lao Isaan American femme/womxn politicized healing practitioner, community coach, independent audio producer, and filmmaker. Currently based in Los Angeles, Rita strives to create accessible healing spaces for folx with marginalized identities, with a particular focus on the Lao diaspora and the intersections of QTBIPOC communities. Rita's work and information can be found on her website link: [www.ritaphetmixay.com](http://www.ritaphetmixay.com) and/or her social media @ritamixa on Instagram & twitter.



## DONATE TO HOL

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You can either make a one-time donation via PayPal or become a monthly-sustainer on Patreon! HOL is run by one person with amazing collaborators and guests who volunteer their time to support the greater healing movement for the Lao diaspora. Consider donating any funds if you have benefitted from this resource and are in a position to do so!



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@ANDREWDAVIDV



### THANK YOU

TO MY COLLABORATORS

### LAOS

S U P P L Y

@LAOSSUPPLY

Huge shout out to Laos Angeles roots members Andrew David Vilaythong for mixing the music/beats as well as "mystery person" Laos Supply for the beautiful logo design!!!

*"The first time I listened to an episode of Healing Out Lao'd, I realized a part of me was craving and missing something I was searching for a very long time. The conversations not only around Lao identity, but the intersectionality of being Lao, navigating careers, higher ed, social class, gender, trauma, self-care, and more, has been a deeply enriching experience for me. Rita is a phenomenal interviewer and has a talent for shedding light and sharing the experiences of all sorts of folx in the Lao community. This podcast is truly healing."*

— APPLE PODCASTS REVIEWER

# HOL TODAY

Today, Healing Out Lao'd proudly has over 200 ratings and reviews on Itunes and has recently achieved the ranking as #1237 on the Apple Podcasts Health chart in the United States of America. The show is currently seeking sponsorships and is in the process of launching a patreon campaign to support the production of season 2 to include more Lao perspectives outside of the U.S.A.