

Krystal Garcia bio



Krystal Elizabeth Garcia Deras, M.A., R-DMT, LMHC, is a queer first-generation daughter of immigrants from Honduras and Nicaragua. She holds a B.A. in Cultural Anthropology from Bryn Mawr College and an M.A. in Mental Health Counseling with a specialization in Dance/Movement Therapy from Lesley University. Krystal is deeply committed to decolonizing and liberatory practices within therapy, focusing on dismantling oppression. Her work integrates ritual arts, ancestral wisdom, and embodied critical pedagogy, creating spaces for collective healing, growth, and self-determination in BIPOC and LGBTQ+ communities. “Liberation, to me, means being unafraid to be a challenger and a resistor to the status quo that is no longer working for us,” she says. She draws inspiration from her mother, her grandmother, and defenders of justice and the sacred. Her bicultural heritage helps her act as a bridge between worlds.