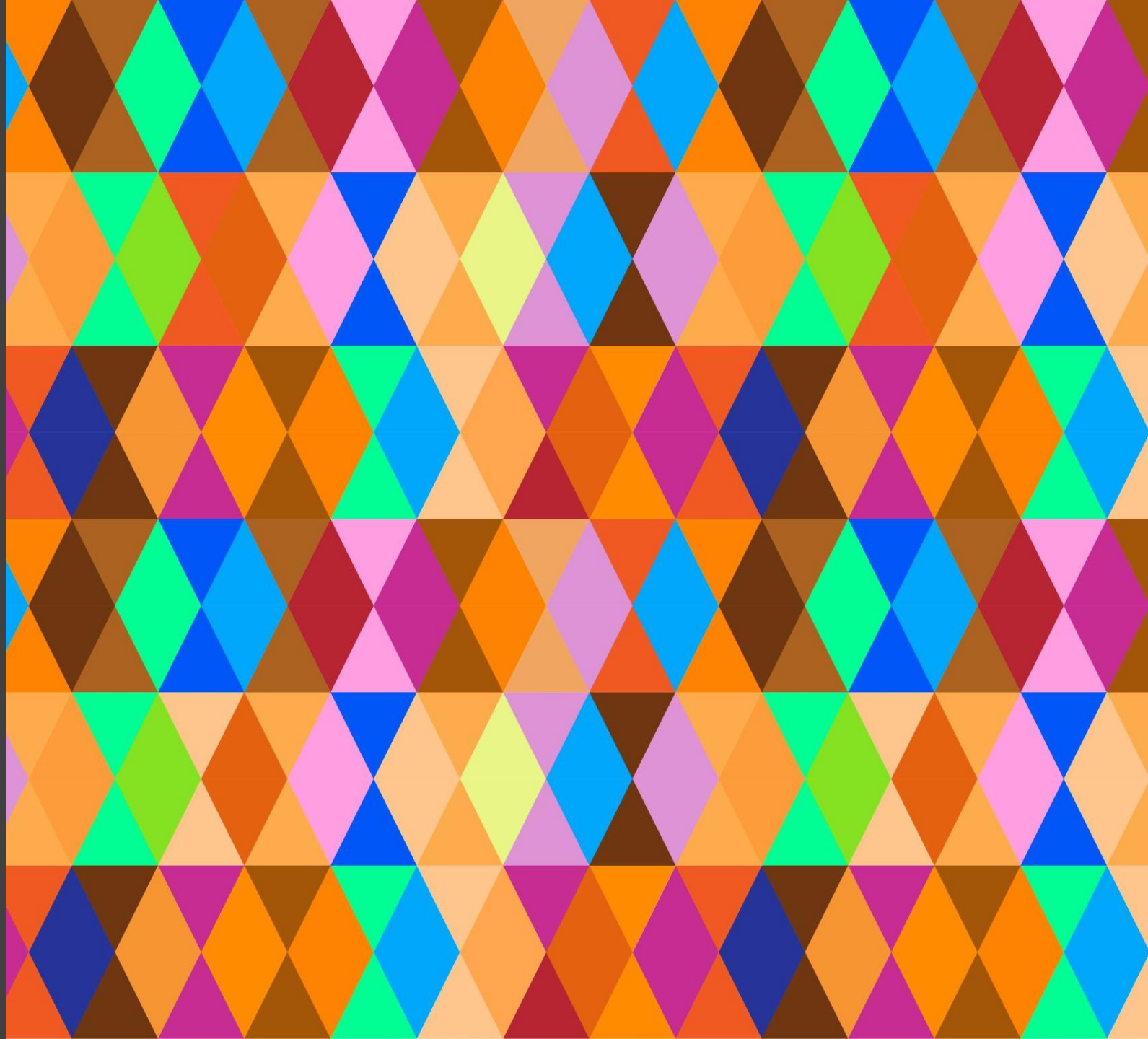


*ETHICAL
DILEMMA RACE
IN THE THERAPY
ROOM*

BY NINA REES





Protected characteristics?

- **Race is a protected characteristic under the Equality and human rights act of 2010.**
- **A person can be defined 'by their race , colour , and nationality (including citizenship) ethnic or national origins.**
- **This seminar will explore how race may be encountered when interacting with clients in the therapy room**



DEFINITIONS

WHITE PRIVILEGE ?

- People with white skin have a advantage in society that other people do not have.
- My personal bias is that I am privileged because I don't have to worry about racism

ANTI RACISM AS OPPOSED TO NON RACIST

- Anti racism refers to a form of action against racial hatred bias systemic racism and the oppression of marginalised groups .





Covid has highlighted the inequality of BAME community in therapy.

- David Weaver has urged the government see the importance of counselling services at this time and the role they can play in reaching BAME communities.
- Encourages counsellors to have urgent conversations about culturally appropriate high quality therapeutic interventions.
- (BACP,2020)

WHY IS THERE AN OVER REPRESENTATION OF BAME CLIENTS IN PSYCHIATRIC HOSPITALS AND SECURE UNITS?

RELUCTANCE TO ENGAGE WITH SERVICES EARLY ENOUGH DUE TO:

- Poverty
- Mistrust, colonialism ,slavery, Windrush, Brexit, Trump
- Understandable fear
- Stigma
- The profile of a white middle class , older female.
- Counselling models rooted in white European theories.
- One to one interactions set in mainstream health setting or clinics staffed by white people and shrouded in ritualistic, inflexible process

ETHICAL DILEMMA

Josh a BAME client has been seeing you for 3 sessions. He has recently moved out of London to Swansea to start a new job. He has explained that since the move to London and starting his new job he has began to feel very low and depressed. He explained that he was feeling quite isolated as he was not being invited to things as he was in London and he felt left out. The sessions have been going quite well and josh seems comfortable and has built a relationship up with you. He comes to his fourth session quite irritated and reluctant to talk in the session when you explore this with him, he challenges you about why you have not acknowledged that he is black in your session as he feels this is the reason he is being marginalised.

BREAKOUT ROOMS

- Split into two groups .
- Both groups discuss how would you work with the client in this situation and should you have Acknowledged your differences sooner.
- 7 Minutes. One person to report back group thoughts.



Personal moral qualities needed:

- **Courage:** the capacity to act in spite of known fears, risks and uncertainty.
- **Fairness:** impartial and principled in decisions and actions concerning others in ways that promote equality of opportunity and maximise the capability of the people concerned.
- **Humility:** the ability to assess accurately and acknowledge one's own strengths and weaknesses.
- **Respect:** showing appropriate esteem for people and their understanding of themselves.

(Bacp 2020)

Who's responsibility is this dilemma?

Government

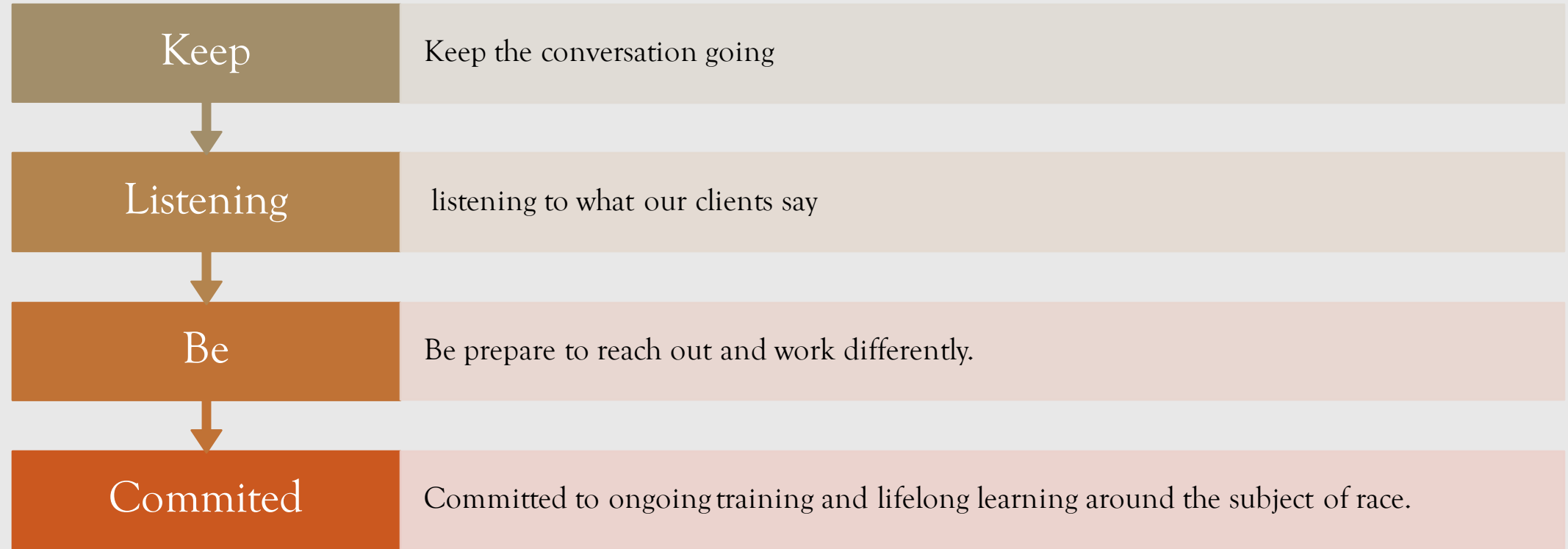
Counselling
associations

Counselling
organisations

Counsellors

Supervisor

Everybody
else!



Conclusion

RESOURCES

- <https://www.bacp.co.uk/bacp-journals/healthcare-counselling-and-psychotherapy-journal/april-2020/third-person/>
- <https://www.bacp.co.uk/events-and-resources/bacp-events/onlinebame>
- <https://www.bacp.co.uk/bacp-journals/bacp-workplace/october-2020/articles/let-s-talk-about-race/>
- <https://www.mentalhealth.org.uk/a-to-z/b/black-asian-and-minority-ethnic-bame-communities>
- <https://www.psychologytoday.com/us/articles/202008/how-talk-about-race-your-therapy-clients>
- <https://www.bacp.co.uk/events-and-resources/race-and-diversity-resources/>
- <https://counsellingtutor.com/equality-and-diversity/>

References

- Hook J, Farrell J, Davis D et al. Cultural humility and racial microaggressions in counselling. *Journal of Counselling Psychology* 2016; 63: 269–277
- Owen J, Tao K, Imel Z et al. Addressing racial and ethnic microaggressions in therapy. *Professional Psychology: Research and Practice* 2014; 45(4): 283–290.
- Sanchez-Hucles J, Jones N. Breaking the silence around race in training, practice and research. *The Counseling Psychologist* 2005; 33(4): 547–558.
- <https://www.theguardian.com/profile/rose-hackman>
- Race in counselling context, (2019) *Therapy Today* ,30 issue.
- Equality and Human Rights Commission Protected characteristics. www.equalityhumanrights.com/en/equality-act/protected-characteristics.
- BACP :ethical decision making tool 12 step process.
- BACP Good practice in Action 101. *Race, religion and belief within the counselling professions(2020)*