

ONLINE TRAUMA CONFERENCE 2020

CONFERENCE PROGRAMME

09:30 – 09:50	Online Registration
09:50 – 10:00	<p>Welcome Helen George, Founder of BME Voices Talk Mental Health Introduction to co-host Leoni Cachia</p>
10:00 – 11:00	<p>Keynote Presentation SAY THEIR NAMES! The Challenges of Exploring our Internalised Supremacist Dr Dwight Turner, Senior Lecturer, University of Brighton, PhD Supervisor at their Doctoral College, a psychotherapist and supervisor in private practice, and a part-time lecturer at the Centre for Counselling and Psychotherapy Education (CCPE) in London</p>
11:00 – 11:15	Break
11:15 – 12:15	<p>Power and the 'hidden self': reimagining the therapeutic use of power in work with Black people diagnosed with psychosis Keren Yeboah, BSc, MSc Hons, Trainee Clinical Psychologist</p>
12:15 – 13:00	Lunch
13:00 – 14:00	<p>Workshop 1 I am Young, Black & Brave; but are you competent enough to support me? Ebinehita Iyere, BSc Criminology and Youth Studies, Organisational Psychotherapy: Introduction to Violence and Trauma. Currently training at IATE as a Child and Adolescent Wellbeing Practitioner. Founder of Milk & Honeybees</p> <p>Workshop 2 From Trauma to Treatment: Addressing Race in the Therapy Room Sharon Frazer-Carroll, MSc OCC Psych, MBPSs, MBACP, MBCP, MBABCP, FHEA</p>
14:00 – 14:15	Break
14:15 – 15:15	<p>Keynote Presentation Unmasking Racism in Clinical Supervision Dr Isha Mckenzie-Mavinga, Integrative Transcultural Psychotherapist, Lecturer, Trainer, Supervisor and Reiki Master</p>
15:15 – 15:30	Break
15:30 – 16:30	Live Panel discussion
16:30 – 16:45	Closing thoughts

SESSION INFORMATION AND SPEAKER BIOGRAPHIES

Keynote Presentation - Dr Dwight Turner

SAY THEIR NAMES! The Challenges of Exploring our Internalised Supremacist

Breonna Taylor, George Floyd, Stephen Lawrence, Natasha McKenna, Jacob Blake.

Before their deaths most of us didn't know their names. We had no idea who they were, where they lived, what they ate, what music they listened to. Yet their deaths, in London, in Baltimore, in Minneapolis and beyond, like those of the lynching's of old, have been played out on some of the most public of forums. From the BBC to Fox News, from Facebook to Twitter, the repeated replaying of the deaths of these men and women has left many feeling as if they have been deeply traumatised again and again.

Whilst the impact of racism is not undeniable, what these events have also enabled for Persons of Colour, is they have shone a stark light on the shared experience of the trauma of living under the yolk of White Supremacy. Persons of Colour, be they psychologists, psychotherapists, social workers, their white allies, or all of our clients, have been forced watch and (re)experience this trauma, a trauma we all cope with in our own varying ways, but which now, in the light of Black Lives Matter protests worldwide, means we are having to face up to this trauma we swim within, that we imbibe in every waking moment of the day.

This keynote talk therefore explores the forms this trauma takes, for ourselves, for our clients and for the world we live within. From the more conscious, where, for example, the removal of one's name is actually a form of dehumanisation and loss of identity; to the more subtle and psychological where the barely concealed subtlety of systemic micro-aggressions is actually a means of Supremacy maintaining its control and power over the objectified other; to the more deeply unconscious where our dreams may well display the internalised impact of wading through such traumatic environments.

Dr Turner is Senior Lecturer within the School of Applied Social Sciences at the University of Brighton, lecturing on their PG Dip and MSc courses in Counselling and Psychotherapy, a PhD Supervisor at their Doctoral College, a psychotherapist and supervisor in private practice, and a part-time lecturer at the Centre for Counselling and Psychotherapy Education (CCPE) in London. He completed his PhD through the University of Northampton and the CCPE in 2017. His phenomenological and heuristic study used transpersonal and creative techniques such as visualisations, drawing and sand play work to explore the unconscious intersectional nature of privilege and otherness. An activist, writer and public speaker on issues of race, difference and intersectionality in counselling and psychotherapy, Dr Turner can be contacted via his website www.dwightturnercounselling.co.uk

Speaker - Keren Yeboah

Power and the 'hidden self': reimagining the therapeutic use of power in work with Black people diagnosed with psychosis

We know that Black people have been more likely to receive a mental health diagnosis that involves psychosis or schizophrenia and have often reported difficult experiences of their treatment. Personal recovery, for this group, may involve overcoming the impact of stigma and injustice as well as clinical indicators of distress. Based on the findings of a clinical psychology doctoral research project, this talk amplifies the stories shared by 11 Black people who navigated through the mental health system following a diagnosis of psychosis, to achieve a sense of personal recovery.

The research project has led to the development of 'a model of personal recovery in Black individuals with psychosis'. This talk introduces the key elements of the model with a particular emphasis on how disempowering experiences, underlined by racism and forms of discrimination, might manifest in the development of the hidden self; in some Black people diagnosed with psychosis. Space is created for discussions about what it might mean to 'experience power as safe' in the context of Black trauma. Finally, attendees will be invited to join as we reflect on and reimagine how mental health professionals and therapists might engage with a therapeutic use of their power.

Keren Yeboah is a final year trainee clinical psychologist at the Salomons Institute for Applied Psychology. She is currently working within the NHS where she hopes to specialise within child and adolescent services. Keren has strong links to community and third sector organisations and believes in the power of community building as a way of improving wellbeing. Her interests are in the areas of relational trauma and in better understanding how community contributes to healing.

Workshop Presenter - Ebinehita Iyere

I am Young Black & Brave; but are you competent enough to support me?

The session will explore the issues of 2020 that have affected the Black Community with a specific focus on how these issues have impacted Black Youth. We will explore how young Black people have responded to the trauma associated with Covid-19, Black Lives Matter, exams, trending social media topics and the loss and bereavement of public figures. By bringing the voice of young people into the session we will also be questioning if therapist's/mental health professionals have the competency and adaptability to work with young people and the traumas that they present with.

Ebinehita Iyere is the founder of Milk and HoneyBees, a creative and expressive safe space for Black Girls to flourish and put H.E.R (Healing, Empowerment and Resilience) first. Ebinehita, is also a youth practitioner working with young people who come into contact with the youth justice system at Divert Youth and those who are impacted by violence in the community. She has extensive experience working directly with young people using holistic, relational and creative methods to support their needs, as well as working with multi-agency professionals across systems and decision making. Ebinehita is currently training as a Child and Adolescent therapeutic wellbeing practitioner at IATE.

Workshop presenter - Sharon Frazer-Carroll

From Trauma to Treatment: Addressing Race in the Therapy Room

This workshop looks at the nature of Black Trauma and the extent to which therapists are prepared and supported to manage it in the therapy room. Some issues may be at the forefront of minds, given the recent pandemic and protests and participants may find that the workshop provides unexpected cathartic benefits through sharing of any difficulties experienced. Although structured, the workshop is essentially designed to encourage participation and interaction, with the main focus being on 'you', 'your experience' and 'your opinion'. Following a short introductory presentation, the workshop provides an opportunity for participants to express the difficulties they have experienced and to share ideas on the nature of the solutions that might help meet need. What support is already available and what would good provision look like? What training or continued professional development [CPD] would you like to see made available and why?

The first of its kind and the launch of an initiative to highlight the need for change in the professional formation of psychotherapists and counsellors, ***From Trauma to Treatment*** is an opportunity to share your

personal experience and to be heard irrespective of whether you are a trainee, a professional therapist or a client who has had - or maybe has only thought about having therapy. It is important to hear from participants irrespective of colour or the way they identify. The workshop provides an opportunity to help shape solutions to mitigate purported shortfalls and inadequacies in current provision. It is time that race was more effectively considered in the training, professional development opportunities and support available to therapists, but how to do so.

Sharon Frazer-Carroll is a Fellow of the Higher Education Authority & Senior Lecturer in Counselling and Applied Psychology at the Open University. She has over 30 years' experience in psychological therapies, including cognitive behavioural therapy, medical hypnotherapy and psychodynamic counselling. She currently practises both from her private practice and a Charity in North London. Sharon has specific interest in Transgenerational Trauma and in 2018 founded the organisation **Time to Talk Black** which provides alternative low-cost opportunities for the community to share experiences which support psychological wellbeing. Sharon is also an occupational psychologist and a recognised expert in vocational education. Working nationally and internationally she has successfully delivered on over 200 government funded projects - developing competence-based qualification frameworks in an array of contexts, ranging from frameworks for teaching in Macedonia, to oil refinery in Texas and health and social care in the UK. The UK's assessor and verifier awards which must be held by all trainers on government funded projects were developed by her in 2010 when they became a statutory requirement. Directing her expertise in occupational analysis to the field of psychotherapy, Sharon is now undertaking research looking at the extent to which race is incorporated in the training of therapists. Undertaking doctoral research at Exeter University, her aim is to develop nationally agreed competences which help promote existing race related programmes and support the coverage of race as a core aspect of therapist's professional formation.

Keynote presentation - Dr Isha Mckenzie-Mavinga

Unmasking Racism in Clinical Supervision

There are parallels and problems in ways that racism influences clinical practice. Due to inadequate training and therapeutic malpractice, racism often gets denied in the very place where it should be faced and explored, interrupted and trauma facilitated. This raises the question. Can we speak the unspeakable and do we dare to address the many dimensions of racism in therapeutic practice and supervision? Not attending to this inherent institutional and intergenerational problem can be viewed as unethical. This talk will focus on some of the features that need to be considered in changing and challenging a status quo that does not fully serve the wellbeing and mental health of black clients and the ways they are impacted by racism.

Dr Isha Mckenzie-Mavinga is a Published Writer/Poet and has over thirty years' experience as an Integrative Transcultural Psychotherapist, Lecturer, trainer, supervisor and Reiki Master. She is a fellow of the Higher Education Academy. She has published chapters in *Working Interculturally in Counselling Settings* [2002] *The Handbook of Transcultural Counselling and Psychotherapy* [2011] and *Making Research Matter* [2015]. Isha has worked in mental health, with women impacted by violence in relationships and as a student counsellor. Her approach facilitates dialogue and exploration of oppression, internalised oppression, stereotyping and power relationships. Now semi-retired she facilitates online Transcultural supervision and therapeutic support. She has created a series of workshops supporting her books *Black Issues in the Therapeutic Process*. Palgrave Macmillan Publishers [2009]. *The Challenge of Racism in Therapeutic Practice* [2016] www.ishamckenziemavinga.com