

<b>9.30 - 10.00 - Event Registration</b>				
10.00 - 10.15	<b>Welcome - <i>Our hope for the day</i></b>			
10.15 - 11.15	<b>Keynote: <i>Being the other</i></b> <i>Purpose: to set the scene for connecting with the lived experience of the client and the client meeting our lived experience.</i>			
<b>11.15 - 11.35 - Refreshment Break</b>				
Focus groups 11.35 - 12.55	<i>Has political correctness got in the way?</i>	<i>Issues of diversity in training which can enrich the experiences of both black and white trainers and participants</i>	<i>Neurodiversity and its impact upon meeting the experience of the other</i>	<i>Developing cultural competence: a lifetime project/daily practice</i>
<b>12.55 - 13.55 - Networking Lunch</b>				
Focus groups 13.55 - 15.15	<i>Bringing diversity awareness into training</i>	<i>Experiences of LGBT+ trainers, therapists and students. Dilemmas in training &amp; practice</i>	<i>Experiences of Islamic trainers, therapists and students. Dilemmas in training &amp; practice</i>	<i>Connecting with the lived experience of the client</i>
Open discussion 15.15 - 16.15	<i>What am I taking away? Application to practice. Trainers &amp; Students</i>		<i>What am I taking away? Application to practice. Counsellors &amp; Supervisors</i>	
<b>16.15 - 16.30 - Plenary final comments</b>				

## **Experiences of Islamic trainers, therapists and students. Dilemmas in training & practice - *Ayesha Aslam***

### **Focus group precis:**

In counselling the most important thing to do is to be able to connect with the client and Islamic counselling embraces a multicultural approach to counselling. They accept clients from different backgrounds but still embrace each as a member of the human race. With this, we shall see why embracing religion and diversity is very important, as well as how it is done by Islamic counselling experts.

The aim of the session will be to discuss and share experiences of Islamic trainers, therapists and students: Dilemmas in training and practice. Ayesha Aslam from Sakoon Counselling will share her experiences and start the forum and discuss going forward how we can support each other.

### **Facilitator Biography:**

Ayesha is the Director and founder of Sakoon Counselling Services. She is a Clinical Supervisor, BACP Accredited Integrative Psychotherapist, Psychologist and an Islamic counsellor. She has over 15 years of experience working with diverse issues from counselling to more severe psychological issues. She has been a keynote speaker at various conferences, recent one includes Training Muslim Chaplains and Imams in the UK. Has published articles in various magazines, provided workshops to organisations and appeared on radio/TV channels providing support and advice on key issues and not afraid to challenged Taboos. Ayesha a pioneer, a first in her field that set up Sakoon to address a need in the Muslim community which was to have access to a professional counselling service that would not compromise their faith. Today Sakoon has 10 counsellors, 3 trainers, delivers accredited courses and works with clients as far as Phoenix Arizona and Australia.

## **Bringing diversity awareness into training - *Myira Khan***

### **Focus group precis:**

Focus group to explore our experience of diversity awareness in training and to identify ways to bring diversity awareness into training and the needs of training courses and students to create better diversity awareness to practice.

### **Facilitator Biography:**

Myira Khan is a BACP Accredited Counsellor and qualified Supervisor. Myira offers counselling to adults, couples, children and young people, and supervision to qualified and trainee supervisees. Myira is also qualified in online counselling and supervision.

Myira is the Founder of the Muslim Counsellor and Psychotherapist Network, which aims to support Muslim counsellors, therapists and psychologists (trainee and qualified) alongside increasing the visibility and representation of Muslim practitioners in the mental health field.

Myira is also a counselling tutor, delivering counselling training courses at the Leicester Centre for Psychodynamic Counselling, and facilitates workshops and events independently across the UK.

## **Experiences of LGBT+ trainers, therapists and students - *Tina Hill***

### **Focus group precis:**

Exploring lived experiences for LGBT+ people in these therapeutic industry contexts/roles, around subjects such as:

- Living and working in small communities

- Outness
- Disclosure
- Privacy
- Living and working within your own community

Whilst holding in the frame:

- Historical attitude of the psychological disciplines toward those with these diverse identities
- Societal heteronormative bias/assumption

#### **Facilitator Biography:**

Tina Hill-Art. Reg MBACP (pronouns, she/her)

Since 2010, Tina worked in a grass-roots LGBT+ support role for a charity in Devon, and currently runs their counselling service. Since 2012, she has maintained a generalist private practice where she also regularly working with LGBT+ people (or families).

In 2014, Tina co-developed a diverse sexual orientation and gender diversity awareness training course for therapists and well-being professionals, which is still successfully run on an annual basis. She also jointly developed a directory of LGBT+ affirmative well-being practitioners.

Tina has contributed to a paper around heteronamativity and has written a piece around working with difference in general, incorporating LGBT+ coming out frameworks. [info@itsallaboutyoucounselling.co.uk](mailto:info@itsallaboutyoucounselling.co.uk)

## **Neurodiversity and its impact upon meeting the experience of the other - *Stephen Munt***

#### **Focus group precis:**

Important differences exist not just between different groups of people in society but also between individuals. Though we may share many similarities we are also all different, often in small and subtle but nevertheless significant ways that are not always obvious, even to ourselves. Whilst many of these differences may be learned, some of them may be the products of small individual differences in brain structures and functions which can significantly affect how we experience and behave in the world. Sometimes such differences may result in hidden disabilities which can have damaging effects on our mental health. It may be useful for those working in the field of mental health to be aware of neurodiversity as a possible indirect source of distress and to think about how to address some of the difficulties to which invisible individual differences can give rise.

#### **Facilitator Biography:**

Stephen Munt is a Chartered Psychologist and integrative psychotherapist who has been working with clients for more than 40 years. He has qualifications and training in psychology, social work, psychoanalytic psychotherapy, humanistic counselling and counselling psychology amongst other relevant subjects. He was the director of doctoral and masters programmes in counselling psychology, counselling and psychotherapy at the University of Roehampton until 2014 and is a former Chair of the Division of Counselling Psychology of the British Psychological Society. He has been an external consultant to CPCAB since its inception.

## **Issues of diversity in training which can enrich the experiences of both black and white trainers and participants - Pamela Peart and Alicia Mike**

### **Focus group precis:**

The focus group will support black and white trainers and students to develop trust; share experiences of what makes it difficult to address ethnic diversity issues and develop strategies to enable greater understanding.

### **Facilitators Biographies:**

**Pamella Peart** currently works as a trainer, supervisor and private practitioner in Manchester and Lancaster. Pam is particularly interested in supporting black and white counsellors and clients; trainers and students to address issues of diversity and difference openly and honestly.

**Alicia Mike** is the director of Manchester Counselling Training Centre (MCTC) located in Manchester, United Kingdom. The centre is unique, offering counselling training from Level 2 Award Introductions to Counselling Skills to Level 5 Diploma in Cognitive Behavioural Therapy Counseling (CBTC) all qualifications approved by CPCAB.

Alicia has over 30-years' experience working in the mental health and well-being sector and is currently offering CBTC at the African Caribbean Mental Health Services. Alicia says that 'developing others to function to the best version of themselves in our complex society encompasses my life work; it is all about empowering individuals to utilize; resource what they have to enhance their life choices.

## **Has political correctness got in the way? - Beverley Spalding**

### **Focus group precis:**

Do you feel that political correctness plays a huge part in the lack of acknowledgement, when it comes to Diversity issues on many of our training programmes?

The aim of this focus group is to discuss and share experiences on The Avoidance of Diversity in Training. The session will consider some of the issues faced by trainers, students and therapists with a view to hopefully explore ways to address current concerns for the future.

### **Facilitator Biography:**

Beverley has been working as a counsellor for 10 years and has so far worked, mainly in the area of sexual violence. She was an independent sexual violence adviser in the Black Country area and a counsellor at a sexual violence charity in Birmingham. Beverley is currently a counsellor at a further education in Birmingham.

Beverley was the first recipient of the CPCAB research award. Her research was presented at the 2015 BACP research conference and it was entitled "An exploration of Black, Asian and Minority Ethnic counsellors' experiences of working with white clients".

## Connecting with the lived experience of the client - Barry Kopp

### Focus group precis:

The focus group is an opportunity to explore the dynamic between our own lived experience and the lived experience of the client. The discussion will invite an opportunity to pay attention to our own diversity and the impact this has on us as the therapist and the client. Acknowledging our own diversity, we will also consider what we need in training to give voice, validation and strengthening our own 'being' in order to be fully present and open to clients that challenge our own lived experience.

### Facilitator Biography:

Barry is an experienced Person-Centred counsellor and trainer, co-author of the book "Counselling Skills and Studies" and Senior Verifier at CPCAB.

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