

# **Working with Inequality, Poverty and Social Justice**

**Friday 13 March 2020**

**Cardiff Hilton Hotel**

Time	Session	Presenter
08.30 - 09.00	<b>Registration &amp; Refreshments</b>	
09.00 - 09.10	Welcome & introductions	
09.10 - 10.10	Understanding Self Harm and the social determinates of health for assessment and care planning purposes health	Rachael Parker
10.10 - 10.30	Refreshment break	
10.30 - 11.30	“You can take the girl out of the Valley, but you cannot take the valley our of the girl”	Elaine Davies
11.30 - 12.30	Working in IAPT in deprived areas	Dr Joanna Omylinska-Thurston
12.30 - 13.30	Lunch	
13.30 - 14.30	A caution against the stumbling stone.....	John Cowley
14.30 - 15.30	Social Justice Counselling: aspirational or achievable in my practice?	Maureen Slattery-Marsh
15.30 - 15.50	<b>Refreshment break</b>	
15.50 - 16.50	Beyond Difference & Diversity - Working with Intersectionality (TBC)	Myra Khan
16.50 - 17.00	<b>Event Close</b>	

**Understanding Self-Harm and the Social Determinants of Health. A brief introduction including theory and professional practice examples for understanding and working with self-harm.**  
**Rachel Parker**

**Session details:** This session will give practitioners useful theoretical frameworks and professional practice guidance models for understanding self-harm and the social determinants of health. It will support practitioners to understand and assess the barriers stemming from health inequalities when working with self-harm, and to plan to address them.

The World Health Organization highlights the importance of a life-course approach in tackling health inequalities that stem from the social determinants of health. This session will introduce practitioners to the life course health development model which is a useful complex systems orientated framework, and its implications for self-harm preventative intervention.

Professional practice examples will be drawn from statutory evidence-based UK guidance for practitioners. This will include an example of working with self-harm using a treatment stage planning model. Specifically for both understanding and working with self-harm, the role of stigma and its relationship with health inequalities will be explored.

**Biography:** Rachel Parker is a Fellow of the Royal Society for Public Health, and a senior mental health consultant and researcher. She is based in DECIPHer, the centre for the Design and Evaluation of Complex Interventions for Public Health Improvement at Cardiff University. Her focus is on the barriers and facilitators to young people's mental health and well-being, which includes the social determinants of health and the relationship between.

**“You can take the girl out of the Valley, but you cannot take the valley out of the girl”**

**Elaine Davies**

**Session Information:** The proportion of families that are single parents has remained around twenty five percent for over a decade. Around ninety percent are women. One in four families in Wales is a single-parent household. This session will discuss the psychological needs of single parent females. The session will ask if psychological services are fit for purpose for this client group. In services single parent clients can become lost in the general population for counselling and psychotherapy.

**Biography:** Elaine Davies has had a variety of roles in the NHS including a Primary Care Counsellor for 20 years. She is currently employed at Coventry University as an Assistant Professor for the Post Graduate Diploma in CBT and teaches on MSc in Counselling Psychology. She holds a private practice for counselling and CBT in a small mining town in the Rhymney Valley which helps to understand the everyday issues that clients face in inequality, poverty and social injustice. Finally Elaine writes a regular column for the HCPJ which is an arm of BACP which covers issues in Primary Care from all perspectives. She is passionate about the care of the client but also for the staff that deliver the services.

**Working in IAPT in deprived areas**

**Dr Joanna Omylinska- Thurston**

## John Cowley

### A caution against the stumbling stone.....

**Session information:** Counsellors are uniquely placed to witness the events that shape the lives of people. They also are witness to inequalities, poverty and impact of social injustice. The session will draw on the personal experiences of 30+ years working as a counsellor and manager. The session will focus, in part, on the impact of custodial sentences on family. It will argue for counsellors to get involved outside of the counselling room.

**Biography:** With an MA Guidance and Counselling from Durham University John has recently retired. With 30+ years as a therapist and manager in secondary and higher education, primary care and at Cardiff University managing the large Counselling Health and Wellbeing team. His team was awarded the BACP Innovation Award in 2010.

John has also worked in partnership with HMP and YOI Parc; Swansea University Student Sex Work project and helped a University in Sri Lanka develop a counselling service.

John has held several chairing positions in BACP as Deputy Chair; Criminal Justice Forum; Equality & Diversity Committee. As a BACP Fellow and BACP Vice-President he represented BACP at Buckingham Palace on World Mental Health Day.

## Maureen Slattery- Marsh

### Social Justice Counselling: aspirational or achievable in my practice?

**Session information:** *To be a human service professional is to be an active citizen, requiring thought and action about global and local issues .... their impact on one another in terms of possibilities but also limitations\*.*

Social Justice counselling has been termed the 'fifth force' in the development of counselling paradigms. Social Justice pertains to the notion of a just society and the fair distribution of resources. Inherent in the concept of social justice is the notion of challenging injustice and valuing humanity. How can we as counsellors do more than aspire to tackling key social justice issues of access, equity, inclusion and harmony in the face of so much hidden and overt oppression, discrimination tensions, community conflicts and collective trauma ?

In this session we will explore the nature of social justice counselling and ways to empower and position ourselves creatively and constructively as social justice counsellors. We will consider how incorporating key domains of social justice advocacy into our counselling practice can increase our capacity as active citizens and social justice counsellors in the service of our clients and communities.

\*Roth, W, & Briar-Lawson, K. (2011) *Globalization, Social Justice and the Helping Professions*, New York Press: Albany NY

**Biography:** Maureen Slattery-Marsh is a therapist, supervisor and lecturer based in Birmingham UK. She works with ICAP - Immigrant counselling and psychotherapy service, a charity offering therapy to survivors of abuse and trauma ([www.icap.org.uk](http://www.icap.org.uk)).

Maureen is currently chair of BACP's Spirituality division and her research interests include developing a model of cultural psychotherapy rooted in social justice values of inclusion, equity, harmony and access.

Maureen was BACP's keynote speaker at the recent 'Let the Voices be Heard' international conference on Social Justice and psychotherapy held in Belfast in October 2019. She presented on approaches to healing collective trauma through therapeutic involvement in creative heritage and oral history projects in the service of social justice.

### **Beyond Difference and Diversity: Working with Intersectionality**

**Myira Khan**

**Session information:** This session will present and discuss the importance of knowing and understanding what intersectionality is, how we can understand our own identity and our clients in the context of intersectionality, how this impacts on our work with clients and how we can work with intersectionality in counselling. This session will help us to unpack how we can best work with a client's identity and how this is far more than 'working with difference or diversity'.

**Biography:** Myira is an Accredited Counsellor, Coach and Supervisor, working in private practice. Myira delivers workshops and presentations internationally through her wellbeing coaching organisation Grow To Glow. In 2017 Myira helped establish the Leicester Centre for Psychodynamic Counselling. Myira was a Trustee of BACP (2016-2019).

Myira is the Founder of the Muslim Counsellor and Psychotherapist Network (MCAPN), networking Muslim counsellors, therapists and psychologists, offering support, CPD opportunities, and raising visibility of practitioners.

A Muslim BME practitioner, Myira represents the diversity within the therapeutic professions, promoting counselling to BME, Muslim and under-represented communities. Myira was awarded the Mental Health Hero Award (2015).