



Black Issues in the Therapeutic Process

Isha McKenzie-Mavinga

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The impact of slavery and colonialism still reverberates in black and ethnic minority communities, but counsellors are often given little training on how to respond effectively to the profound effects on their clients. Inspired by the author's own research, this book explores creatively how the therapeutic relationship with people of African or Caribbean heritage can better take account of such deep-seated intercultural issues.

Offering real-life stories, examples and poetry extracts, the author reflects on students' and practitioners' understanding of their own connections with black issues and draws on layers of experience to give practical advice. Filled with thoughtful and supportive guidance, the book:

- provides direct techniques to assist empathic therapeutic work with the hurt of racism
- explores questions that have been asked by practising and trainee therapists
- develops readers' understanding of key issues in a global and historical context
- encourages practitioners to broaden their experience of working with black issues.

This unique and engaging book offers invaluable insight for all students, counsellors and health care professionals who are seeking better understanding in their work with people of black African/Caribbean origin.

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