

# The Black & Asian **Therapist** Network - *Training*

**Working with Diversity in Counselling**  
**Two consecutive Saturdays** TRAINING EVENT  
Registration 9.30 – Prompt Start 10.00 End 4:00  
**14<sup>th</sup> and 21<sup>st</sup> April 2012**

The Stephen Lawrence Centre  
9 Brookmill Road, London,  
SE8 4HU (Wheelchair accessible)

**Fee: £140 – (includes refreshments, course material and attendance certificate.** (Lunch not included / Places to eat nearby / bring your own lunch)

## Working With Diversity in Counselling

This training is designed for **all** counselling and psychotherapy practitioners who are involved in one to one and group work practice. It will be spread over two consecutive Saturdays to provide an unhurried, safe and constructive space to explore challenges that we meet in working with issues of difference and diversity. You can expect to have your awareness deepened and your skills and theoretical knowledge broadened by the two days input. The training will be led by Dr Aileen Alleyne, who is both an experienced practitioner and clinical supervisor in private practice. The training will be facilitated through a mixture of theoretical input, group discussion, role play and experiential exercises. The new transcultural counselling DVD which is part made and produced by the trainer will be used as a key training tool. Participants will be encouraged to share their expertise and experiences that connect with the theme of the day.



### The training will offer participants:

- Deeper understanding of challenges within the cross-cultural encounter (pre-transference issues, trust, held values and beliefs systems,...)
- Exploration of transference and counter-transference issues
- Examination of critical issues within the working alliance (power, projection, racism, Homophobia, ...)
- Understanding of wider themes in cross-cultural work e.g. distress vs illness,
- Tools and guidance for working more effectively with difference and diversity

### Who should attend the training?

Psychotherapists, Counsellors and group workers from any therapeutic setting

### How do I book? Are there any more details?

[www.baatn.org.uk/Events.html](http://www.baatn.org.uk/Events.html) | email [training@baatn.org.uk](mailto:training@baatn.org.uk) | call 07946 582 012

### About the Facilitator:

*Dr Aileen Alleyne is a UKCP registered Psychodynamic Psychotherapist qualified Counsellor and Clinical Supervisor. She practices in both South West London and on the East Sussex coast, where she currently lives. Aileen is a full member of the BACP, FIP (Forum for Independent Psychotherapists), and Nafsiyat Intercultural Therapy Centre. Alongside her private practice, she consults to organizations on issues of difference and diversity in the workplace and in education. Her academic career has included lectureships at several London colleges and universities, including the University of London, Goldsmiths' College, where she has taught for eight years. Aileen's doctoral research examines black and minority ethnic workers' experiences in three institutional settings, and highlights the concept of 'the internal oppressor'. It offers ways of deepening understanding of black and minority ethnic people's psychological reactions to the negative impact of racism and specifically what we might also bring to the situation. Aileen is the author of several book chapters and journal papers exploring themes on black/white dynamics, shame and identity, and working with issues of difference and diversity. ([www.aileenalleyne.com](http://www.aileenalleyne.com))*