

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

Working with Shame and Identity

Two consecutive Saturdays TRAINING EVENT

Registration 9.30 – Prompt Start 10.00 End 4:00

11th and 18th Feb 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 Shame and Identity

This training is designed for **all** therapy professionals who want to explore the phenomenon of shame and how to work with it therapeutically. They will be led by Dr Aileen Alleyne, who is both a practitioner and clinical supervisor in private practice. The training is spread over two Saturdays and will include a mixture of theoretical input, group discussion, role play and experiential exercises. The event is geared towards enabling a deep exploration and understanding of this ubiquitous emotion we call shame, and to become aware how it overarches many aspects our work with identity issues, self-esteem, pride and forgiveness. Participants will be encouraged to share their expertise and experiences that connect with the theme of the day.



The training will offer participants:

- An understanding of shame as it relates to identity (includes black identity issues)
- Differentiating between debilitating and healthy shame
- An understanding of the differences between shame and guilt
- A close look at the functions of shame and how it affects us
- Tools and guidance for working therapeutically with shame

Who should attend the training?

Psychotherapists, Counsellors, Psychologists, Holistic Therapists, Psychiatrists and involved in the mental health field.

How do I book? Are there any more details?

www.baatn.org.uk/Events.html | email 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)