

Recommended Reading for students and trainers

The Race Conversation: An Essential Guide to Creating Life-Changing Dialogue: Eugene Ellis

Ellis, Eugene. *The Race Conversation: An Essential Guide to Creating Life-Changing Dialogue*: Confer Books, 2021.

Focussing specifically on the non-verbal communication of race, both as a means of social control and as an essential part of navigating oppressive patterns, this guide supports people of all heritages to emerge from the tight grip of race discomfort to a trauma informed, neurophysiological approach to dialogue that emphasises resourcing, body awareness, mindfulness and healing.

Safe: On Black British Men Reclaiming Space: Derek Owusu

Owusu, Derek. *Safe: 20 Ways to Be a Black Man in Britain Today*. Trapeze, 2019.

An anthology of powerful essays reflecting on the Black British male experience, collated and edited by Mostly Lit podcast host Derek Owusu.

The Lies that Bind, rethinking identity: Kwame Anthony Appiah

Appiah, Kwame Anthony. *The Lies That Bind: Rethinking Identity*. Main edition. Profile Books, 2019.

Overturing outdated truisms and dangerous lies, Professor Appiah weaves together history, culture and memoirs to expose the startling complexities and fruitful confusions at the heart of identity –and helps us to see ourselves and our connected world more clearly. Our identity is not personal. It is shaped by countless affiliations, like nationality, culture, class, race and religion. Exploring each of these in turn, Appiah shows how the collective identities that shape our world are riddled with contradictions.

Intercultural Therapy: Challenges, Insights and Developments - Edited by Baffour Ababio and Roland Littlewood.

Ababio, Baffour. *Intercultural Therapy: Challenges, Insights and Developments*. 1st edition. Milton Park, Abingdon, Oxon ; New York, NY: Routledge, 2019.

This edition of *Intercultural Therapy* is a timely and necessary update to the groundbreaking first edition released in the early 90's. There are excellent contributions that, in chorus with one another, promote the holistic view that an individual's mental, emotional, and physical health are all tied to greater social structures, with all of their nuances and varying degrees of effect on the individual and collective. This is a definite must-read for anyone interested in the different dimensions of inter-culturalism, whether you're an academic, a practicing therapist or simply interested in the subject in terms of difference, sameness, equality and diversity.

White Fragility: Why It's So Hard for White People to Talk About Racism:
Robin DiAngelo

DiAngelo, Robin. *White Fragility: Why It's So Hard for White People to Talk About Racism*. Boston: Beacon Press, 2018.

Explains the phenomenon and discusses how white people can develop their capacity to engage more constructively across race.

The Good Immigrant: Nikesh Shukla

Shukla, Nikesh. *The Good Immigrant*. 1st edition. Unbound, 2017.

The good immigrant' edited by Nikesh Shukla is a collection of 21 writers, from a range of professional backgrounds, who explore through their own experiences "what it means to be Black, Asian and Minority Ethnic in Britain today.

The Challenge of Racism in Therapeutic Practice: Engaging with Oppression in Practice and Supervision: Dr Isha McKenzie-Mavinga

McKenzie-Mavinga, Isha. *The Challenge of Racism in Therapeutic Practice: Engaging with Oppression in Practice and Supervision*. 2nd ed. 2016 edition. Palgrave, 2016.

Inspired and informed by the author's own research, this uniquely engaging book brings the focus to how racism affects the therapeutic relationship, creatively exploring the subject of working with people of

African, Caribbean, Asian and Mixed heritage in both therapeutic practice and clinical supervision.