

Recommended Reading for students and trainers

- **The Challenge of Racism in Therapeutic Practice: Engaging with Oppression in Practice and Supervision:** Dr Isha McKenzie-Mavinga
 - 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.
- **White Fragility: Why It's So Hard for White People to Talk About Racism:** Robin DiAngelo
 - Explains the phenomenon, and discusses how white people can develop their capacity to engage more constructively across race.
- **“Safe: On Black British Men Reclaiming Space”:** Derek Owusu
 - An anthology of powerful essays reflecting on the Black British male experience, collated and edited by Mostly Lit podcast host Derek Owusu.
- **“The Good Immigrant”:** Nikesh Shukla
 - 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 Lies that Bind, rethinking identity’:** Kwame Anthony Appiah
 - Overturning outdated truisms and dangerous lies, Professor Appiah weaves together history, culture and memoirs to expose the startling complexities and fruitful confusions at the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.

- 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 interculturalism, whether you're an academic, a practicing therapist or simply interested in the subject in terms of difference, sameness, equality and diversity.