



South London and Maudsley
NHS Foundation Trust

BLACK AFRICAN & CARIBBEAN: RESOURCES AND MATERIALS FOR CLINICIANS

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Contents

PODCASTS	3
What about us? - Cultural Awareness in Clinical Practice	3
Melanin & Mental Health (Between Sessions Podcast)	3
The Black, African and Asian Therapy Network (BAATN) Podcast	3
MindOverMelanin	3
BOOKS	4
The Colour of Madness: Exploring BAME mental health in the UK	4
The Challenge of Racism in Therapeutic Practice: Engaging with Oppression in Practice and Supervision	4
Black Issues in the Therapeutic Process	4
YOUTUBE VIDEOS	5
Challenges and Rewards of a culturally-informed approach to mental health Jessica Dere TEDxUTSC	5
Black Mental Health Isn't the Same as White Mental Health	5
Covid-19 mental health and BAME communities: Breakout session 1	5
Culture Shock and The Cultural Adaptation Cycle: What It Is and What to Do About It	5
ACADEMIC JOURNALS	6
Addressing issues of race, ethnicity and culture in CBT to support therapists and service managers to deliver culturally competent therapy and reduce inequalities in mental health provision for BAME service users: Saiqa Naz, Romilly Gregory, and Meera Bahu (2019)	6
A qualitative study to explore the help-seeking views relating to depression among older Black Caribbean adults living in the UK: Natalie Victoria Bailey & Rachel Tribe (2020)	6
An evaluation of the transition from BAME community mental health worker to IAPT low intensity psychological wellbeing practitioner: Hakim, N., Thompson, A.R. (2019)	6
Ethnicity and mental health encounters in primary care: help-seeking and help-giving for perinatal depression among Black Caribbean women in the UK: Dawn Edge and Sara C. MacKian (2010)	6
Innovative ways of engaging with Black and Minority Ethnic (BME) communities to improve access to psychological therapies: Birmingham Healthy Minds (2017)	7
BLOG POSTS	8
On Racism in IAPT: Part 2	8
Whiteness Matters: Exploring White Privilege, Color Blindness and Racism in Psychotherapy	8
PRACTICE GUIDES & REPORTS	9

PODCASTS

What about us? - Cultural Awareness in Clinical Practice

- Afsana Faheem and Dr Kate Cooper from the University of Bath talk with guests from around the country about their experiences of working with diverse service users accessing mental health services. The guests also share their personal experiences and journeys within the clinical psychology profession and offer advice to aspiring clinical psychologists.

<https://anchor.fm/afsana9/episodes/What-about-us--Culture-Awareness-in-Clinical-Practice-Episode-1-ectrdd>

Melanin & Mental Health (Between Sessions Podcast)

- Melanin & Mental health is led by two US-based black females who are counsellors. They upload frequent podcasts discussing various topics around mental health but with a particular focus on mental health within the marginalised ethnic communities

<https://www.melaninandmentalhealth.com/category/between-sessions/>.

The Black, African and Asian Therapy Network (BAATN) Podcast

- These podcasts are for anyone who is interested in the psychological impact of race on people of colour from a UK Perspective. They feature prominent Black, African and Asian therapists and allies sharing their thinking and psychological concepts. <https://www.baatn.org.uk/podcasts/>

MindOverMelanin

- Mind Over Melanin explores the intersectionality of racism, sexism, classism, pretty much all the -isms and mental health by providing solution-focused therapeutic and psychological tools to melanated people in order for the listener to build their own empowerment and shape their peace of mind.

<https://mindovermelanin.com/podcast>

BOOKS

The Colour of Madness: Exploring BAME mental health in the UK

- The Colour of Madness is a seminal BAME led & curated anthology, comprised of poetry, fiction, essays, memoirs, and art submitted by BAME writers, academics, mental health workers, artists and those still navigating life with mental health problems. https://www.amazon.co.uk/Colour-Madness-Anthology-Exploring-mental/dp/0992651441/ref=tmm_pap_swatch_0?encoding=UTF8&qid=&sr=

The Challenge of Racism in Therapeutic Practice: Engaging with Oppression in Practice and Supervision

- Inspired and informed by the author's own research, this uniquely engaging textbook 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. https://www.amazon.co.uk/Challenge-Racism-Therapeutic-Practice-Supervision/dp/1137397020/ref=sr_1_2?dchild=1&qid=1595512084&refinements=p_27%3AIsha+McKenzie-Mavinga&s=books&sr=1-2&text=Isha+McKenzie-Mavinga

Black Issues in the Therapeutic Process

- 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. https://www.amazon.co.uk/Black-Issues-Therapeutic-Process-McKenzie-Mavinga/dp/1403995729/ref=sr_1_1?dchild=1&qid=1595512638&refinements=p_27%3AIsha+McKenzie-Mavinga&s=books&sr=1-1&text=Isha+McKenzie-Mavinga.

YOUTUBE VIDEOS

Challenges and Rewards of a culturally-informed approach to mental health | Jessica Dere | TEDxUTSC

- Dr. Jessica Dere explains how culture makes a difference when thinking about mental health and mental illness. Across mental health research, clinical care and teaching, there are profound rewards to be had by truly understanding individuals in context. <https://www.youtube.com/watch?v=VrYmQDiunSc>

Black Mental Health Isn't the Same as White Mental Health

- Although Dr. Michael A. Lindsey refers to African Americans and Latino's, the issues he raises can still be applied to the issues Black British people face in the UK. He makes a case raising issues the black community face and a few suggestions of things that can aid resolving these issues. <https://www.youtube.com/watch?v=kjxRGbJvQIY>

Covid-19 mental health and BAME communities: Breakout session 1

- SLaM, together with local authorities across Croydon, Lambeth, Lewisham and Southwark, held an Mental Health Prevention Summit to address how we can work together to protect our communities' mental health as a result of Covid-19. This session focused on the effect of COVID-19 on the BAME community with a number of panel members. https://www.youtube.com/watch?v=6l24Lw_dhLs

Culture Shock and The Cultural Adaptation Cycle: What It Is and What to Do About It

- Video is by The Global Society whose primary aim is to support university staff to help those who are studying overseas. This video gives a useful explanation of 'Culture Shock' and tips for people who are living in a new country. Talks about on the topic of an experience which many of our clients may experience. https://www.youtube.com/watch?v=g-ef-xhC_bU

ACADEMIC JOURNALS

Addressing issues of race, ethnicity and culture in CBT to support therapists and service managers to deliver culturally competent therapy and reduce inequalities in mental health provision for BAME service users: Saiqa Naz, Romilly Gregory, and Meera Bahu (2019)

- The authors of this article argue that more resources are required in order to understand the barriers to accessing mental health services, and improve both access and recovery for BAME service users. This paper examines concepts such as race, ethnicity and culture. It aims to support service managers and therapists to develop their confidence to address these issues in order to deliver culturally competent psychological therapies to service users from BAME communities, with a focus on primary care.

A qualitative study to explore the help-seeking views relating to depression among older Black Caribbean adults living in the UK: Natalie Victoria Bailey & Rachel Tribe (2020)

- This study aims to explore help-seeking views and strategies utilized in relation to depression among older Black Caribbean people in the UK. Semi structured interviews were conducted with eight UK Black Caribbean participants, aged between 65 and 79 years.

An evaluation of the transition from BAME community mental health worker to IAPT low intensity psychological wellbeing practitioner: Hakim, N., Thompson, A.R. (2019)

- The purpose of this evaluation was to describe the experience of transition from BAME community mental health worker (CMHW) to IAPT low intensity PWP in order to identify possible gains and losses for the former communities served, and the factors that might contribute to successful training of people with BAME expertise.

Ethnicity and mental health encounters in primary care: help-seeking and help-giving for perinatal depression among Black Caribbean women in the UK: Dawn Edge and Sara C. MacKian (2010)

- Perinatal depression among Black Caribbean women in the UK remains an intriguingly under-researched topic. Despite high levels of known psychosocial risks, Black Caribbean's remain relatively invisible among those

seeking/receiving help for depression during and after pregnancy. The study seeks to explore the psychological risk in this group, the context in which help-seeking/giving is mediated, and the common ground needed between services users and providers.

Innovative ways of engaging with Black and Minority Ethnic (BME) communities to improve access to psychological therapies: Birmingham Healthy Minds (2017)

- In pursuit of recognising that BME communities face particular and culturally sensitive barriers to accessing these services, Birmingham and Solihull Mental Health NHS Foundation Trust, through the local 'Birmingham Healthy Minds' initiative, has adapted their local service. We have developed a culturally sensitive treatment group where patients can feel that their ethnic, cultural and spiritual beliefs were understood by the group facilitator and where specific barriers to access for these communities are addressed <https://www.nice.org.uk/sharedlearning/innovative-ways-of-engaging-with-black-and-minority-ethnic-bme-communities-to-improve-access-to-psychological-therapies>.

BLOG POSTS

On Racism in IAPT: Part 2

- A blog post written by NotaGuru continues the much-needed conversation regarding the implicit and explicitly racism which is present in our society, but more specifically addressing IAPT as a service. This is a part 2 from a part 1 which more focused on the lived experience of racism working in IAPT. In this part 2 NotaGuru focuses on what we can we do to change for the better (I.e. tips for allyship within IAPT, improving clinical practice, supporting staff etc.) <https://notaguru.blog/2020/07/18/on-racism-in-iapt-part-2/>.

Whiteness Matters: Exploring White Privilege, Color Blindness and Racism in Psychotherapy

- Margaret Clausen uses her own personal reflections of her identity as a white therapist and reflections regarding the dynamics that are intertwined in race, to explore how psychotherapy and psychological thinking can be useful to this discussion <https://www.psychotherapy.net/article/racism-white-privilege-psychotherapy>.

PRACTICE GUIDES & REPORTS

To see the and read the practice guides and reports please find them available in PDF form within the BAME Resources (For clinicians) folder on the SharePoint.