

# AN INTRODUCTION TO WORKING WITH CULTURAL DIFFERENCES WITHIN THE THERAPY ROOM

- NEELAM ZAHID



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Learning Together Online

## Resource Guide

# About Neelam Zahid

I am a BACP accredited Counsellor and Psychotherapist, trained in Integrative Counselling and Psychotherapy, and have been practising as a therapist since 2004: as well as offering individual therapy; I have run Mindfulness, Relaxation, and Anxiety groups. I also have specialist training in Counselling Adult Survivors of Childhood Abuse, Bereavement Counselling, Online Counselling, Mindfulness, Phobia and Trauma Treatment (The Rewind Technique), and Group work.

I have delivered a number of Cultural Awareness Workshops for trained professionals at the AUCC and BACP conferences, as well as for trainees in various educational institutes. I have also contributed to The Handbook of Transcultural Counselling and Psychotherapy, 2001 (eds Colin Lago) Open University Press (The effects of a Pakistani Heritage).



**Neelam Zahid**



# FREE DOWNLOAD

## Can Transcultural Therapy Address The Issues of Racism Within Psychotherapy?



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# TRAINING - Workshop

## **LOST IN TRANSLATION:**

An exploration of transcultural relationships within therapy

**Saturday 14th October 2017 9:30 - 16:30**

This workshop explores the complexities and challenges of working with race, culture, and ethnicity in the therapeutic setting. Theoretical aspects of transcultural counselling will be considered, and delegates will have the opportunity to take part in experiential exercises exploring the relationship with their own cultural identity, and how this may affect the therapeutic alliance.

**By the end of the workshop, participants will:**

- Have a greater awareness of their own culture, assumptions, prejudices, and stereotypes
- Have explored the historical implications of race and racism in counselling and psychotherapy
- Have explored and discussed aspects of transcultural counselling theory
- Review their own practice in light of what is multi-culturally therapeutic

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