

Promoting a better understanding of  
BME psychological health and well-being



# Race, Culture and Psychological Perspectives

18 June 2008 / Manchester

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## Programme

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**Chair:** Melba Wilson

9.30 - 9.45

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Lunch 1.00 - 2.00pm

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**Asian Culture and  
Psychotherapy:**

Implications for  
East and West

Professor Wen-Shing Tseng

9.45 - 10.35

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**Revisiting Black  
Perspectives in  
Psychology**

Professor Lena Robinson

2.00 - 2.50pm

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**Race, Culture and  
Psychological Work:**  
The Ongoing Challenge

Colin Lago

10.35 - 11.25

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**Issues for a White  
Therapist Working Cross-  
Cultural Difference:**  
A Systemic Perspective

Philip Messent

2.50pm - 3.40pm

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Tea Break

15 minutes

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**Working with Unfamiliar  
Languages and Cultures in  
the Context of Talking  
Therapy**

Professor Rachel Tribe

3.40p - 4.40pm

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**Why we need Cross-  
Cultural Psychotherapy?**

Dr. Inga-Britt Krause

11.40 - 12.30pm

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Q&A for afternoon session

Plenary

5.00 - 5.15pm

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Q&A for Morning session

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# Race, Culture and Psychological Perspectives



## Speaker Profile

**Melba Wilson**, OBE, was appointed National Director for the Delivering Race Equality in Mental Health (DRE) Programme in November 2007. Previously, she was Acting Chief Executive of the London Development Centre, part of the Care Services Improvement Partnership. She is also the form chair of Wandsworth Primary Care Trust, a post she held for five years. Melba is also Deputy Chair of the London Health Commission. Her work has focused on improving health and well being in the context of diverse communities. The DRE programme is a Department of Health initiative, which works to reduce health inequalities for people from black and minority ethnic communities. Melba was awarded an OBE in the Queen's Honours List in June 2007 for services to healthcare.

**Wen-Shing Tseng**, M.D., is a professor of psychiatry at the University of Hawaii School of Medicine since 1972. As a consultant for the World Health Organization and for teaching and research projects, he has travelled extensively to many countries in Asia and the Pacific. He served as chairman of the Transcultural Psychiatry Section of the World Psychiatric Association for two terms, from 1983 to 1993. He has conducted numerous research projects, including the cultural aspects of mental health, psychopathology, and psychotherapy. He has published more than 80 articles in scientific journals and book chapters. He has edited/co-edited or authored nearly 20 English books, mostly relating to his special interest of cultural psychiatry, and nearly 30 Chinese books and monographs, mainly relating to psychotherapy and mental health. His authored book of: "Handbook of Cultural Psychiatry" published in 2001, was regarded by international colleagues as the landmark book in the field of cultural psychiatry, and has received the Creative Scholarship Award from the Society for Study of Psychiatry and Culture in 2002. He is

a honourable advisor for the Transcultural Psychiatry Section of the World Psychiatric Association.

**Colin Lago** was Director of the Counselling Service at the University of Sheffield from 1987 – 2003. He now works as an independent counsellor, trainer, supervisor and consultant. Trained initially as an engineer, Colin went on to become a full time youth worker in London and then a teacher in Jamaica. He is a Fellow of BACP, an accredited counsellor and trainer and UKRC registered practitioner. Deeply committed to transcultural concerns he has had articles, videos and books published including: *Race, Culture and Counselling: The Ongoing Challenge* (2<sup>nd</sup> edition) (2006) Maidenhead; Open University /McGraw-Hill, *Anti Discriminatory Counselling Practice* (co-edited with Barbara Smith) (2003) London; Sage. *Carl Rogers Counsels a Black Client* (co edited with Roy Moodley and Anissa Talahite) (2004) Ross, PCCS Book and *Issues of Race and Culture in Counselling Settings*. Training video-University of Leicester AVA Dept.

**Inga-Britt Krause**, PhD is a Social Anthropologist and a Consultant Systemic Psychotherapist. She has carried out fieldwork in Nepal and with the Sikh community in Britain. She has worked in CAMHS for 18 years where she has helped set up Asian Services and is currently Training & Development Consultant in the Tavistock & Portman NHS Foundation Trust. Her publications include *Therapy Across Culture*, Sage 1998 and *Culture & Systemic in Family Therapy*, Karnac Books 2002 and several papers on cross-cultural psychotherapy.

**Lena Robinson** is Professor of Social Work at the University of the West of Scotland. Previously, she was Senior Lecturer in Psychology and Social Work at the University of Birmingham. She has researched and published widely in the area of race, culture, ethnicity

and social work practice. Her research interests involve developing appropriate theoretical paradigms for the study of minority ethnic populations in Britain. She is currently involved in an international study of ethnocultural youth. Her recent publication is 'Cross-cultural child development for social workers', Macmillan, 2007 and the second edition of 'Psychology for social workers: Black perspectives' will be published in 2008.

**Philip Messent** is Head of Family Therapy in Tower Hamlets CAMHS, having worked for 18 years previously as a social worker and social work manager in the borough. He completed training as a family therapist at the Institute of Family Therapy in London, and through his work in such a multi-cultural borough, has a long-standing interest in working, managing and supervising across cultural difference. He has written extensively about this area of work, and his research interests include the accessibility of mental health services to BME families, providing early intervention services within schools, and the impact of Family Therapy when delivered by a team.

**Rachel Tribe** is currently employed at the University of East London where she is the programme director for the Professional Doctorate in Counselling Psychology. She has been interested in issues of culture, psychology and mental well-being for many years and has written approximately 20 papers in this area. She co-edited with Dr Hitesh Raval, the seminal text book on Working with Interpreters in Mental Health. While in 2007 she was asked to write the national guidelines for the British Psychological Society on working with interpreters. In the last year she was invited and subsequently produced two Special /Guest editions for two different academic journals on the mental health/well being of refugees and asylum seekers.