

The Brahmin on the Couch!
Caste identity distress and threadbaring cultural psychotherapy



Recently, a Brahmin Professor met with a Dalit Psychiatrist to explore caste identity distress. This seminar is about what transpired.

29 November 2018. 1600-1730 h.

6th floor staff room, Chrystal Macmillan Building. Univ. Edinburgh

http://www.csas.ed.ac.uk/events/seminar_series/2018_2019/

[a_brahmin_on_the_couch_sacred_threads_and_social_privilege](http://www.csas.ed.ac.uk/events/seminar_series/2018_2019/a_brahmin_on_the_couch_sacred_threads_and_social_privilege)

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SUMMARY

People historically subordinated as ‘untouchable’ within Indian society have long invested their aspirations in higher education as the means to achieve full citizenship. Yet evidence is mounting that caste discrimination, & its intersection with gender and class, persists within even the most prestigious Indian universities. Mental health dimensions of caste related identity distress and interventions remain unexplored. Recently, a Brahmin professor met with a Dalit psychiatrist to explore caste identity distress. This seminar is the first reported intervention over six months of regular clinical anthropological individual therapy sessions, with a follow up six months later.