

A novel Self-Practice/Self-Reflection programme for CBT therapists from minoritised ethnicities

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Introduction and rationale

An SP/SR programme for CBT therapists from minoritised ethnicities, focussing specifically on developing clinical skills around working with issues related to ethnicity

Why?

- Traditional SP/SR focus around improving skills
- Providing support to therapists from minoritised ethnicities

Ethical considerations

'the most direct intervention ... would be to end systemic racism' (Banks, 2018)

Not the therapist's responsibility to alter themselves to deal with systemic racism.

This programme: hopefully a supportive environment to gain skills and a starting point for exploring connections between personal and therapist identity.

Specific considerations re use of CBT in this context (David, 2009).

Theoretical basis

Beck (2016):
incorporate
cultural context in
CBT

Cognitive
interventions in
context of racism

Focus on
strengths, not just
challenges

Importance of
doing this as a
group

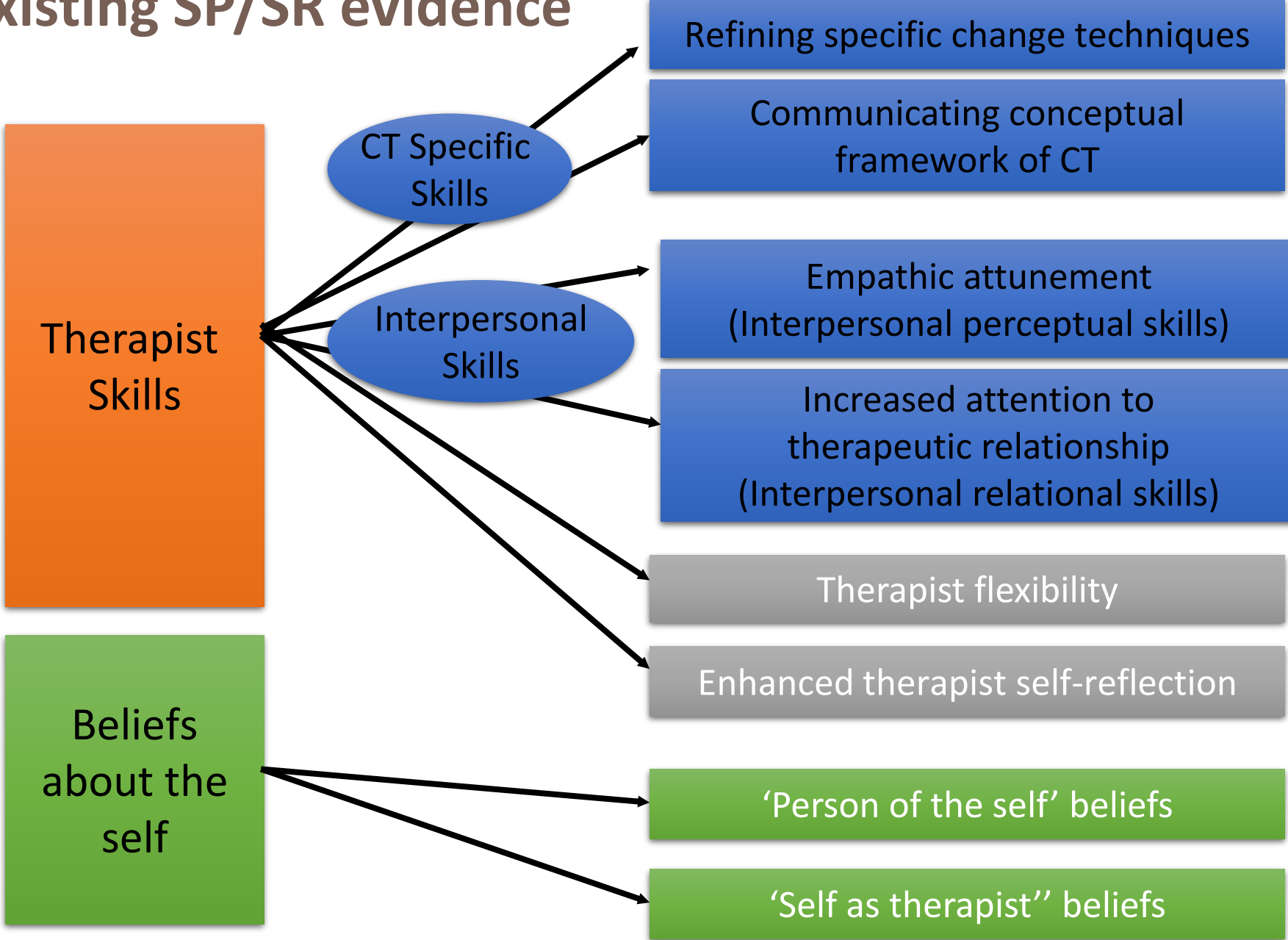
Reflection is key!

Programme structure and delivery

- Group format
- 9 modules over 27 weeks
- Examples of module content will include: completing a genogram, completing a timeline of ethnic identity, building on strengths associated with ethnic identity, managing challenges associated with being from a minoritised ethnicity

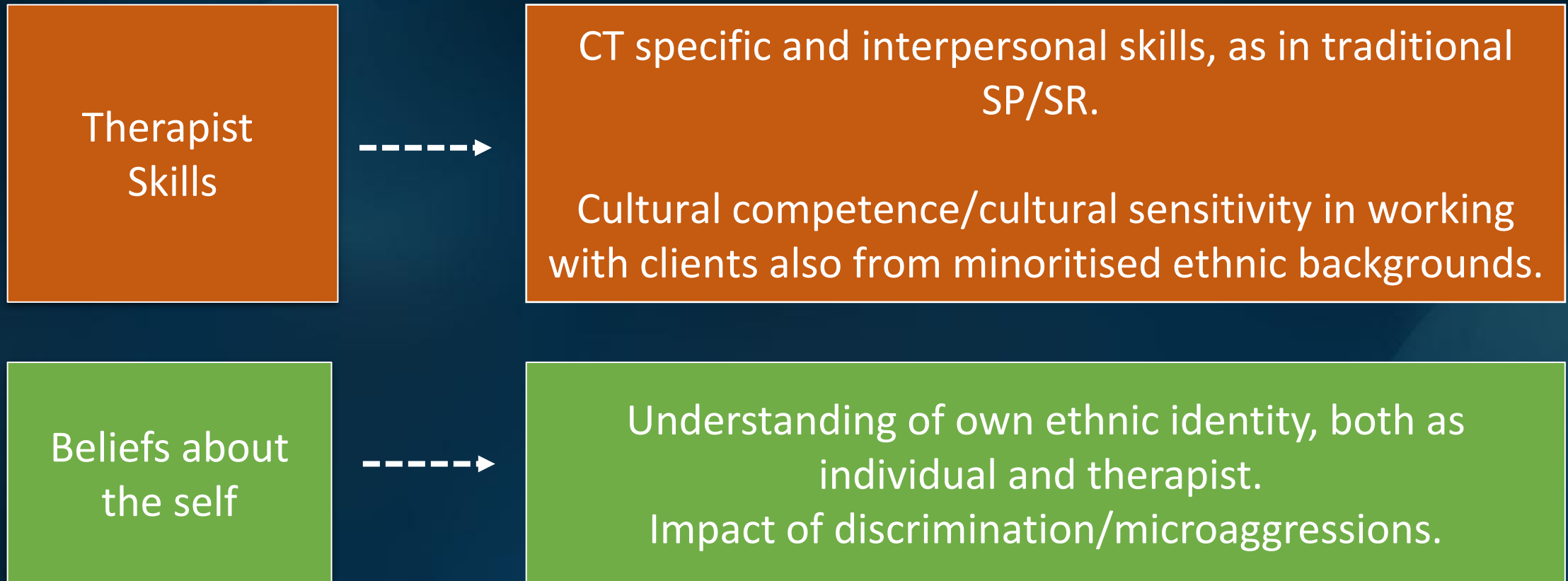


Links to existing SP/SR evidence



Planned evaluation: Quantitative

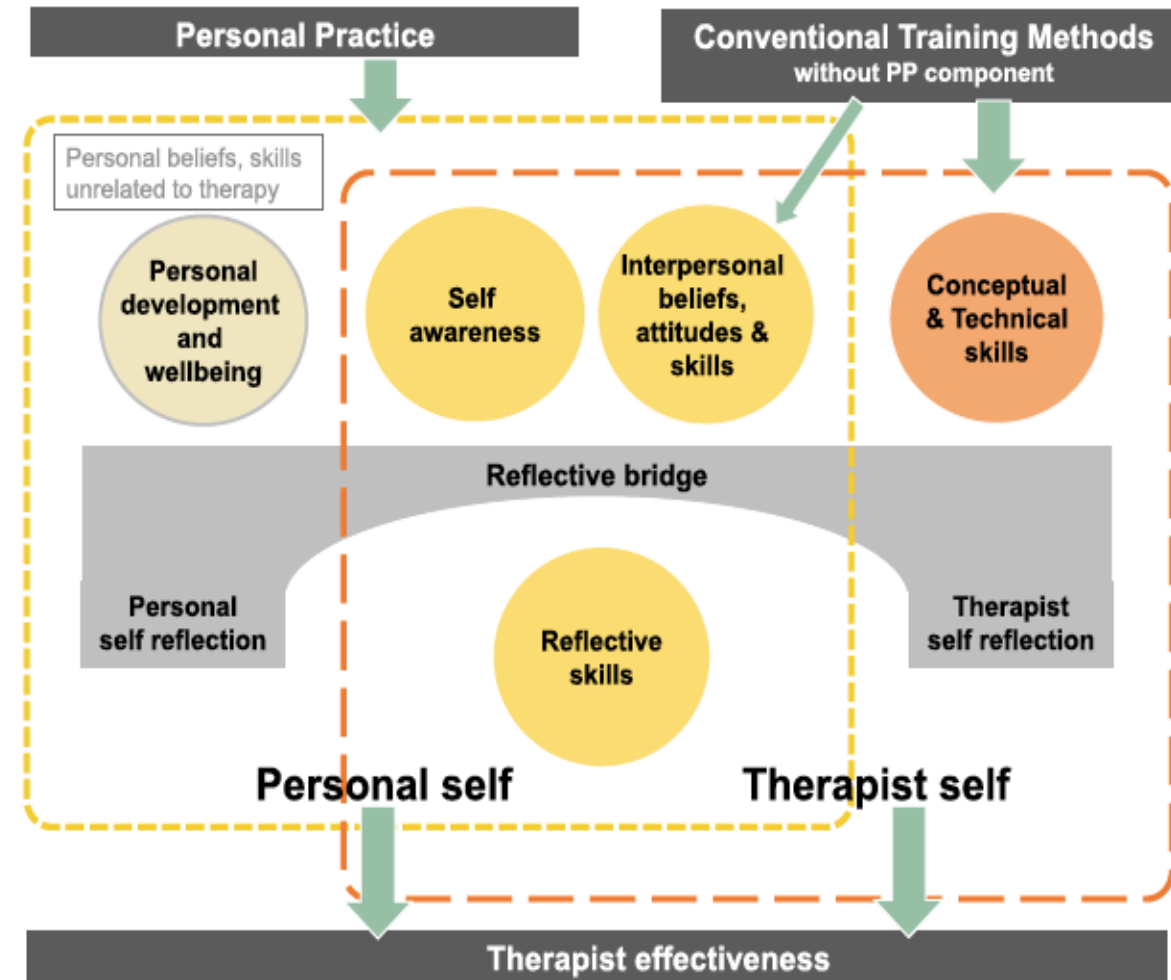
Evaluation using a mixture of standardised and idiographic measures, with a single case-series design.



Planned evaluation: Qualitative

- Ideas for the focus of qualitative interviews:

1. Understanding how therapists engaged with the programme using Bennet Levy and Lee's (2014) engagement in SP/SR model
2. Has the programme enabled therapists to 'bridge the gap' between their personal experiences of being from a minoritised ethnicity and how this relates to their experiences in their role as a therapist with clients, in supervision and in the wider system and context that they work in (based upon Bennet-Levy's (2019) personal practise model)



Feedback &
expressions
of interest

This is novel, new and untested:
we would be interested in your
thoughts

If you might be interested in taking
part in the pilot please email
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