

# Continuing Professional Development



## Katherine Murphy

Katherine has been a psychotherapist, supervisor and educator of practitioners since the late 1980s and has had an interest in what Andrew Samuels calls "The Political Tilt" since doing a degree in Political Sociology in the early 1970s. She was a founder member of PCSR and introduced ideas of the impact of the Broader context into the curriculum of the then recently BAC Accredited Metanoia counselling course in the late 1980s.

As a chosen immigrant to the UK, a descendent of Plantation owners in Barbados and a descendent of missionary colonizers in New Zealand matters of the cumulative trauma of oppression are of longstanding concern to her thinking about and work as a psychotherapist.

### **With the socio/political context in mind; An exploration of the impact of the cumulative trauma and corrosive microaggressions of oppression on individual's and a collectives sense of legitimacy, safety and integration**

There is increasing awareness of, and accounting for, the impact of the dynamics of oppression on individual, and collective, psychic wellbeing. This now includes a critique of systems of mental wellness and disturbance often being collated by people who have the privileges of power. What is referred to as decolonisation.

The second addition of The Psychodynamic Diagnostic Manual I (2017) talks of non pathological conditions that require clinical attention. This includes minority stress, cumulative trauma of racism and microaggressions of the abuses of power. The new HIPC Mental Health Familiarization Guidelines (2018) include having knowledge of the impact of socioeconomic conditions and the dynamics of intersectionality.

James Baldwin said "Not everything that is faced can be changed; but nothing can be changed until it is faced" Fanny Brewster an Africanist Jungian analyst talks of the need to sit with these challenging processes and withstand the rush to action. This workshop will be an introduction to considering ourselves, our clients and our work through these lenses.



MHFP

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## Wednesday 26th June 2019

**Time:** 9:30am —5:30pm

**Venue:** Metanoia Institute, 13 North Common Road,  
Ealing W5 2QB

**Metanoia Members:** £70

**Non-Members:** £90

For further details please go to [www.metanoia.ac.uk](http://www.metanoia.ac.uk)  
Or contact Cathy Simeon at [CPD@metanoia.ac.uk](mailto:CPD@metanoia.ac.uk)

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## This workshop will cover some of the following MHFP Learning Outcomes

### **Knowledge of and ability to work with a social responsibility framework**

The first learning outcome revolves around psychotherapists being required to have a grasp of the historical and cultural influences on societal understanding of, and attitudes to, mental health and illness and to develop a capacity to work reflexively within a social responsibility framework. To gain this learning outcome you should have knowledge and experience of:

- Historical and cultural models of mental health, illness and care.
- The impact on mental health service users and their families of diagnosis, stigma, normativity and minority experience
- The influence of socio-economics, class, gender, disability, age, culture, religion, race and sexuality on the incidence, definition, diagnosis and treatment of mental illness and mental health
- The intensifying impact of intersectionality (where a person belongs to more than one marginalised group)
- Familiarity with the role of minority community organisations and mental health advocacy organisations and how to engage with them.