

CULTURE IN COUNSELLING AND PSYCHOTHERAPY



22nd April 2016

A one day workshop lead by Dr George MacDonald in Stockport

This one workshop will promote the idea of culture as a universal human phenomenon. And it will look at ways in which it can be seen as a positive resource in therapy rather than an obstacle. The session is based on George's doctoral research on the subject.

Most current approaches to culture in counselling and psychotherapy view it through the lens of reductionist categories like race, class or sexuality. This helps to create sensitivity and understanding of difference. But it can lead us to see culture as an obstacle, and may encourage assumptions that are inaccurate, unhelpful and judgemental. There is a need for a theoretical approach that is more appropriate to an increasingly diverse multicultural society with access to technologies of travel, communication and information processing. And there is a need for an approach to practice that is more person-centred, individualistic and democratic. This needs to avoid stigmatising minorities, while granting the possibility of a cultural identity to members of the assumed majority.

The workshop will be participatory and will use video to illustrate the theory.

Cost £90 including tea, coffee and lunch.

6 hours CPD. A signed certificate of attendance will be provided.

The Presenter

The presenters of the workshop is Dr George MacDonald,.

George MacDonald is a BACP accredited counsellor and psychotherapist now working mainly in private practice. He has also trained in Group Psychotherapy.. His research topic was Culture as a positive resource in therapy.



**Friends Meeting House,
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**mindsite**

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For bookings:

go to: www.mindsite.co.uk

Email: events@mindsite.co.uk

Or call Jonathan on 0161 439 7773