

Decolonising the Psyche

by

Dr Dwight Turner

Saturday 15th October 2022

10:30 - 13:00

Venue : Zoom

Decolonisation is an often term used in popular culture at the moment, be it the restructuring of training courses to become counsellors and psychotherapists and whereby courses and practitioners are challenged on their own internalised or systemic racism, sexism or homophobia for example, or the consideration of the political landscape we all reside within, whereby issues of supremacy, be it through a patriarchal lens, a racial lens or one which is based around capitalism, is considered in relation to how we work, both with ourselves or our training courses and also with our clients.

There is one other avenue though which is hugely important and that is the decolonisation of one's own psychological self. This talk and plenary session will therefore espouse some ideas about how colonised we all are and how colonisation, be it through a patriarchal lens, racial or capitalist, actually helps us to form a sense of our inauthentic self.

Following a break there will be a chance for discussion in small groups before, as a group, we come back and discuss some of the areas that have been raised through the morning.

About the Speaker

Dr Dwight Turner is Course Leader on the Humanistic Counselling and Psychotherapy Course at the University of Brighton, a PhD Supervisor at their Doctoral College, a psychotherapist and supervisor in private practice. His latest book *Intersections of Privilege and Otherness in Counselling and Psychotherapy* was released in February 2021 and is published by Routledge. An activist, writer and public speaker on issues of race, difference and intersectionality in counselling and psychotherapy, Dr Turner can be contacted via his website www.dwightturnercounselling.co.uk and can be followed on Twitter at @dturner300.

FIP Members - Free (booking through the FIP website)

Non-FIP Members £55

Early Bird Booking £40 (booked before 15th September 2022)

Eventbrite: <https://www.eventbrite.co.uk/e/decolonising-the-psyche-with-dr-dwight-turner-tickets-395155078477>