

Lost in The Echo: Understanding racial echoism within psychotherapy

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SUMMARY: Viewed through the lens of a psychotherapy client, this paper considers how the adoption of the position of echo sits central to the post-colonial experience (Windrush) of the other in attempts to build and maintain a life in the UK. The paper then aids us in recognizing the adaptive nature of the other as it attempts to survive the colonizer's conscious and unconscious subjugation, with all its psychological costs, together with a possible route towards post-colonial psychological reintegration.

KEY WORDS: Echoism, difference, race, diversity, the Other

The Windrush (or those from the former English colonies who travelled to the 'motherland' during the early days of cultural independence) is often seen as a great cultural movement of peoples grateful for the chance to build a more rich and fruitful life in the United Kingdom. In his seminal work though, Fanon recognized the deep psychological wound carried by the other as a consequence of colonialism. His work rightly saw that colonialism acted as much upon the mind as upon the culture, and the external world.

A client presented me with a recent dilemma. Layla was a 35-year-old woman of colour. Her parents were originally from the Caribbean, who travelled to the UK as part of the Windrush generation of immigrants invited to

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