

White Tutor, Black Student & Racial Dynamics. Do we address cultural differences in psychotherapy training?

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SUMMARY: This article examines the experience of White British psychotherapy tutors in terms of their course position on cultural difference.

KEY WORDS: Windrush, racism, cultural difference, psychotherapy training

The 22nd of June 2018, marked 70 years since the Empire Windrush docked at Tilbury, bringing to British shores 492 passengers, the first wave of expatriates (word used intentionally), mostly from the Caribbean (Proctor, 2000; p.1). Upon accepting the invitation from the British Government to come and help rebuild the country following WWII, these British citizens were excited to make their contribution to further support their Mother country and the Commonwealth count.

It is well documented however, that the icy and aggressive reception they received from British nationals not only shocked them but left many traumatised with next to no psychological support available to meet their specific emotional, cultural or spiritual needs (George, 2018).

Decades later this same group of people who showed much restraint and resilience at that time, who endured much hostility, were now the subject of new additional, fresh aggressions, this time exposed in 2017 by the Guardian Media

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