

## CONFERENCE PROGRAMME

09:30 – 10:00	Registration and refreshments
10:00 – 10:10	<p><b>Welcome address</b>  Myira Khan, Founder of the Muslim Counsellor &amp; Psychotherapist Network  Helen George, Founder of BME Voices Talk Mental Health</p>
10:10 – 10:30	<p>Keynote speech  <b>Time to step up and take responsibility</b>  David Weaver, President of the British Association for Counselling and Psychotherapy</p>
10:30 – 11:15	<p><b>When water is thicker than blood: Mental health, trauma and shame in British South Asian communities</b>  Dr Roxanne Khan, CPsychol, CSci, AFBsS, FHEA, Chartered Psychologist &amp; Chartered Scientist. Director of the HARM Network, Senior Lecturer and Course Leader BSc (Hons) Forensic Psychology</p>
11:15 – 11:45	Morning refreshments
11:45 – 12:30	<p><b>Transgenerational trauma in the therapy room</b>  Sharon Frazer, BA Psychology, MSc Occupational Psychology, Post Grad Cert - Workplace Counselling, Dip Medical Hypnotherapy, Dip Psychodynamic Counselling</p>
12:30 – 13:15	<p><b>Opening up a new conversation on how to manage the lived experience of everyday racism and addressing the gap in the provision of self-help narratives</b>  Susan Cousins, Reg. MBACP Senior Accredited Counsellor, Senior Assurance Advisor, Race-Religion &amp; Belief at Cardiff University</p>
13:15 – 14:15	Lunch
14:15 – 15:00	<p><b>Loyalty, rules and roles: How young women respond to traumatic experiences</b>  Ebinehita Iyere, BSc Criminology and Youth Studies, Organisational Psychotherapy: Introduction to Violence and Trauma. Currently training at IATE as a Child and Adolescent Wellbeing Practitioner</p>
15:00 – 15:45	<p><b>Drowning in empathy: Vicarious trauma and self-care</b>  Dr Amira Iqbal, BSc, DIP, DPsych, C.Psychol, AFBPsS, Chartered Psychologist and Systemic Practitioner</p>
15:45 – 16:15	Afternoon refreshments
16:15 – 17:00	Plenary discussion
17:00 – 17:05	Closing comments
17:05- 17:30	Networking