

T&F India. OWL 1.

Intersectionality and Psychotherapy: What your clinical education will not teach you about race, caste and gender.

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Introduction to OWL 1

Intersectionality is a metaphor for understanding the ways that multiple forms of inequality or disadvantage sometimes compound themselves and create obstacles that often are not understood among conventional ways of thinking. Throughout our education in mental health or otherwise, rarely are we taught how to use Intersectionality as an analytical tool.

Through OWL 1, we aim to share a selection of **10 resources**, including videos and podcasts, that not only introduce the concept of intersectionality but also encourage introspection on the unique forms of harm, abuse, discrimination, and disadvantage that service users may experience when multiple aspects of social identity intersect within the therapeutic process.

Introducing Intersectionality

Therapeutic Utility of Discussing Therapist/Client Intersectionality in Treatment: When and How? (Attached)

- In this paper, the researchers provide suggestions for using their model to train new student therapists (or introduce experienced therapists) to concepts of intersectionality and social justice

Social Identities and Intersectionality: A Conversation About the What and the How of Development (Attached)

- The article (pages 170-176) are a good introduction to the idea of how social identities are developed. Unfortunately the demographic is only USA, however there are some good insights.

Caste and Psychotherapy

Caste and Counselling Psychology in India: Dalit Perspectives in Theory and Practice (Attached)

- This paper is written from the perspective of a Dalit counselling psychologist and aims to provide an understanding of the exclusion of Dalit perspective in the theoretical as well as therapeutic domains of psychology as a discipline.

Healing the Trauma of Caste, With Thenmozhi Soundararajan | The Swaddle

- Buy 'The Trauma of Caste: A Dalit Feminist Meditation on Survivorship, Healing, and Abolition.' if you can, till then read this really informative interview by The Swaddle.

Decolonising Mental Health

8 Ways That I Try to "Decolonize" Therapy

- Short but powerful read. Written by [itsjiyouunkim](#) (recommend following their social media platforms wherever you can) this article is a good start for all early career therapists.

Webinars

Decolonizing Therapy with Dr. Jennifer Mullan

Why we need to decolonize psychology | Thema Bryant | TEDxNashville

- Dr Mullans book if you can, this webinar is a good start to understand race, oppression and historical trauma.
- The second link is Dr Thema, everyone looks a good ted talk.

Resources

WHAT IS A SEX-POSITIVE THERAPIST?

- A very good introduction to a topic no school will teach you about.

Instagram Microlearning: T&F India Suggests the following accounts

1. [decolonizingtherapy](#): Dr Mullan's social media is a great way to learn
2. [the.healingvibe](#): Decolonial and Anti-racist therapy (she is very funny, humour works well to learn concepts)

Professional Solidarity : What Queer Affirmative Counselling Practice Means To Me As A Mental Health Practitioner

- Follow MHI everywhere, really good set of resources