

Faculty of  
Social Sciences  
and Humanities

# MASTER CLASSES MENTAL HEALTH, RACE & CULTURE

WEDNESDAYS 5.30-7PM ■ 5 & 19 OCT ■ 2, 16 & 30 NOV ■ 14 DEC

LONDON METROPOLITAN UNIVERSITY, GRADUATE CENTRE GCG08  
166-220 HOLLOWAY ROAD N78DB OPPOSITE HOLLOWAY ROAD TUBE

The over-representation of black people among those diagnosed as 'schizophrenic' and among people who are sectioned and given compulsory treatment with drugs is well known. This is happening in a context where mental health services in the UK, particularly the way psychiatry is practised, are not satisfying a lot of people, especially those identified as 'black and minority ethnic' (BME). In fact, many find the services oppressive, damaging to their personalities and often racist and insensitive to cultural difference. The issues have attracted much attention but little if any progress has been made in tackling them, although there is some understanding of how and why they have arisen and why these problems persist.

#### THESE MASTER CLASSES ARE INTENDED TO GIVE PARTICIPANTS AN OPPORTUNITY TO:

- discuss the cultural diversity of what mental health and illness means
- consider what is known about how 'other cultures' have constructed very different systems to help and support people with personal problems
- look at what training is needed to improve the systems we have here and how people who use services can work together with providers; and
- discuss how changes can be achieved.

Participants may thereby reflect on how they may contribute towards lessening these problems.

#### WHO ARE THE MASTER CLASSES FOR?

- Service users ■ Practitioners ■ Students ■ Teachers & lecturers ■ Policymakers

race for health



THE AFYA TRUST

# MASTER CLASSES: MENTAL HEALTH, RACE & CULTURE

## MASTER CLASS LECTURERS

**SUMAN FERNANDO** has written extensively on matters pertinent to race and culture issues in mental health and psychiatry and he has lectured on these matters in UK and Canada (where he was recently given a life-time achievement award for culture, race and mental health' by Toronto University – one of the most multicultural cities in the western world). His books include: *Race and Culture in Psychiatry* (1988), *Cultural Diversity, Mental Health and Psychiatry; The struggle against racism* (2003) and (now in its third edition) *Mental Health, Race and Culture* (1991, 2002, 2010). In addition, he has been involved recently in research and capacity building work in Sri Lanka, thus obtaining first hand knowledge of how mental health is currently developing in a low income, non-western cultural setting.

**PATRICK VERNON** is Chief Executive of the Afiya Trust one of the leading race equality health Charities in the country. Patrick has extensive experience in central and local government, the NHS and the voluntary sector in senior executive, non-executive, advisory and elected roles including as Non Executive Director for East London & the City Health Authority, and Independent Chair of Westminster Partnership for Race Equality and a councillor in Hackney. He has a particular interest and expertise in public health, mental health and diversity.

Patrick is also Director and founder of Every Generation Media and Foundation which is a social enterprise in the cultural/creative industries. Every Generation was established in 2002 with the launch of its first website everygeneration. In October 2003 the website *100 Great Black Britons* was launched - a successful campaign, raising the profile, history and achievement of the African Caribbean community over the last 1000 years.

**PETER FERNS** is a Black Asian trainer who has a background in social work and worked for many years as a training manager in public sector organisations. As an independent consultant, he has provided training and consultancy to a wide range of public sector organisations including the Department of Health in the UK. He has developed long-lasting and productive training partnerships with service user and carer trainers, and offers two short courses through London Met for front line practitioners: *Race, Culture and Wellbeing: RECC*, and a 'train the trainers' programme: *Race, Equality and Cultural Capability: developing staff*.

DATE	SPEAKER	TOPIC
5 October	SUMAN FERNANDO	Traditions of mental health and illness: What diversity means.
19 October	SUMAN FERNANDO	Critical psychiatry and psychology: cultural psychiatry, anti-racist psychiatry etc.
2 November	SUMAN FERNANDO	Mental health around the globe: Different approaches to developing mental health in communities and individuals.
16 November	PATRICK VERNON	Is there a crisis in Black Mental Health in the UK?
30 November	SUMAN FERNANDO	Movements to reform psychiatry in UK: How to make effective changes.
14 December	PETER FERNS PREMILA TRIVEDI	Service development, training and service user participation.

## LEARNING MATERIALS

- Main text: *Mental Health, Race and Culture* third edition by Suman Fernando Palgrave Macmillan, Basingstoke 2010. Palgrave Macmillan are offering master class members 20% discount off the price of *Mental Health, Race and Culture*. Discount flyers will be available at the class.
- Papers and PowerPoint presentations ■ CD with pdf files of selected papers and ppt presentation

## HOW TO BOOK A PLACE

This is a FREE EVENT, but with a ceiling on places, email [marcy.oreilly@londonmet.ac.uk](mailto:marcy.oreilly@londonmet.ac.uk) to get a confirmation of your place on each date. If you ask for a place and then cannot attend, please notify us immediately so that we can offer it to someone else.