

## Will Daniel-Braham – UKCP Trustee Election Statement

In 2017 I went to a conference that had 6 panel members that were all white and around 20 breakout workshops that were being led by white people. I spoke to one of the organisers who promised to contact me to discuss my concerns raised and to this day I have not had that call.

I pondered a while and took it to supervision and decided at that time that I did not want to have to 'fight'. Although I don't like using that word, it does often feel like a fight to have a voice heard. We talked about the fact that I had done lots of fighting in the 1980's for the rights of LGBT people and how I was part of the pioneering process of the first permanent Lesbian and Gay housing co-operative in the UK.

So, I decided I would leave the campaigning and fighting to the 'younger folk'.

However, I have been triggered, stirred, inspired and tired of the impact of the death of George Floyd and the Black Lives Matter movement that I feel I must 'Get Up, Stand Up!' (to quote Mr Marley himself).

Since starting my private practise in East London over 20 years ago, I have become a psychotherapist, supervisor, examiner and tutor and am impacted by the amount of people of colour that come through my consulting room door, and the lack of people of colour in our profession.

A few years ago, I had the pleasure of working with West London Mental Health Trust running a training in Clinical Risk Assessment for Suicide and Self-Harm. Most of the cohort were members of staff from Broadmoor and I noticed that the people 'on the ground' having the day-to-day conversations with patients were people of colour and the people that were visiting maybe once a week or fortnightly to prescribe medication were mainly white.

There is a level of empathy and attunement that people of colour were working with on daily basis that would unconsciously be drawing on the same aspects of a therapist building a therapeutic relationship with a client. I wondered whether or not this could be harnessed and developed in some way to open the door to more people of colour becoming therapists.

I am a dual heritage male practitioner, born and raised in the most culturally diverse borough in the country. I have worked with and grown from the intersectionality of my cultural selves and use this to influence who I am today as a practitioner and in my work with others.

I draw on my race, my background, my class, my gender, my sexuality and more to both make meaning of what the client brings and indeed make meaning of my own experience of the world in which we all find ourselves in with one another.