

# Just Psychology

## Newsletter Summer 2019



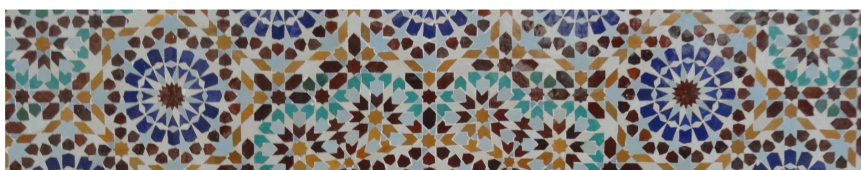
### Cultural Competence Training for Expert Witnesses

Our training day on Developing Cultural Competence as an Expert Witness was attended by a variety of professionals. It explored the knowledge and practice basis for assessments from diverse cultural backgrounds and aimed to integrate cultural perspectives in assessments when working with adults and children. The training aimed to explore and create interventions that consider cultural issues in families. It was delivered by a variety of

professionals including; Dr Iyabo Fatimilehin (Consultant Clinical Psychologist), Dr Aneela Pilkington (Clinical Psychologist), Mike Devlin (Partner and head of family department, Stephenson solicitors), Janet Cragg (Barrister, Kenworthy Chambers) and Dr Kate Hellin (Consultant Chartered Psychologist).

The training received extremely positive reviews by attendees who rated the content, delivery, length and difficulty with attendees

expressing interest and enjoyment of the day. Attendees specifically appreciated the various professionals delivering the training as they found it beneficial to explore different perspectives. Comparison of pre and post training self-assessment indicate that the training increased knowledge and understanding around cultural perspectives in expert witness reporting.



### Parenting in the UK

Just Psychology held a pilot session for parents at Kings Road Primary School on Parenting in the UK.

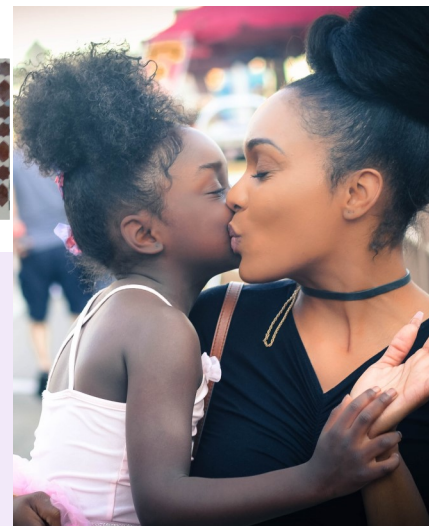
The session covered the impact of migration on children; the impact of migration on parenting (e.g. parenting styles, isolation, cultural gaps) and an overview of accepted parenting practices in the UK and the role of Children's Services.

Content included topics ranging from what newly arrived parents can

do to help their children, safeguarding, UK law regarding physical chastisement, and sources of help locally in Trafford.

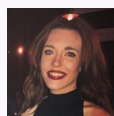
Feedback from the parents helped us better understand the relevance and benefit of the session materials for newly arrived parents.

In summary, the workshop received overall positive reviews and we are holding further pilot sessions in Manchester and Trafford.



*"I liked to know about how I'm expected to educate my child in the UK, and I also enjoyed the fact that we could be open about our own experiences."*

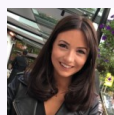




**Gráinne**, our Lead Assistant

Psychologist is originally from Northern Ireland. In 2017 she undertook an MSc

in Applied Psychology (Mental Health and Psychological Therapies) and graduated with commendation. Since joining the team at Just Psychology she has taken a lead role in the Trafford Sunrise Project. The highlight of this has been facilitating the Working Together groups which are focused on supporting children with their emotional health and well-being. She has found this part of the job to be incredibly moving and rewarding.



**Georgia** is studying for a Doctorate in Clinical Psychology at the University of Manchester

and is in placement with us. Prior to this she graduated with an MSc in Clinical and Health Psychology and worked across various settings including Adult Brain Injury, Child and Adolescent Mental Health Services, and Developmental Paediatrics at Alder Hey Children's Hospital. She is looking forward to helping to run parenting workshops and providing advocacy services for children and young people.



**Tayibah** is an honorary Assistant Psychologist with us and is studying MSc Applied Psychology.

She aspires to train as a clinical psychologist and during her time at Just Psychology she hopes to expand her knowledge and learn more about the role. She enjoys co-facilitating groups in the Trafford Sunrise service with 8-10 year-old and 11-12 year-old groups. Alongside her studies and time with Just Psychology, Tayibah is completing a research placement and working full-time as a support worker.

## Local Cultural Events

### Manchester International Festival: School of Integration

Fri 5 - Sat 20 July. Free, but some events require tickets. See <https://mif.co.uk/whats-on/school-of-integration/> for more information.

Why is integration always the responsibility of the immigrant? Tania Bruguera's powerful new work draws Manchester nearer to those who've made this city their home, inviting us to discover and embrace the diversity in our midst.

Local people originally from countries around the world will give free classes on language, culture, ethics, politics, economics and many other forms of knowledge. School of Integration fosters cohesion and builds bridges of cultural understanding, encouraging us to eliminate the idea of strangeness and cherish a plurality of voices.

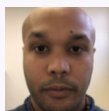
Manchester Art Gallery, Mosley Street, M2 3JL

### Free tours and learning sessions at the People's History Museum

People's History Museum (PHM) is offering FREE tours and learning sessions to Greater Manchester based Black, Asian, Minority Ethnic (BAME) community groups and refugee and asylum seeker support groups.

The offer includes a choice from a range of bookable activities, and support with travel and refreshment costs. All activities are suitable for adult groups (five to 15 people), and activities for accompanying children can also be considered. Your visit can be tailored to meet the needs of your group. More details can be found at <https://bit.ly/2vmYpdS>

This special offer has limited availability; to make a booking or find out more please contact [abir.tobji@phm.org.uk](mailto:abir.tobji@phm.org.uk) or 0161 838 9190.



**Rohan** is a 3rd year trainee clinical psychologist from Lancaster University undertaking his (final)

specialist placement at Just Psychology. He will be helping to deliver Trafford Sunrise and developing a new project supporting children and families who have

recently been reunited after migration. Prior to his training, he worked as a researcher at the University of Manchester and before that was a PhD student at Manchester Metropolitan University. His research interests are in psychosis, substance use and using technology to support psychological therapy and psychological research.

## Contact

[info@justpsychology.co.uk](mailto:info@justpsychology.co.uk)

0161 262 1622

[www.justpsychology.co.uk](http://www.justpsychology.co.uk)



@Just\_Psychology



Just Psychology CIC

**Just Psychology CIC** is a not-for profit social enterprise. We are a multidisciplinary group of professionals providing services to address the psychological and mental health needs of children, adults and families, with particular emphasis on cultural diversity, cultural competence and social justice.