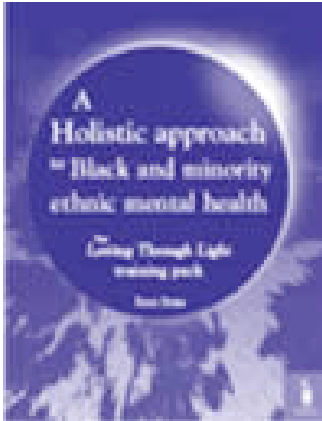


## A Holistic Approach to Black and Minority Ethnic Mental Health



### **The *Letting the Light Through* Training Pack**

***Peter Ferns***

Based on the Letting Through Light training pack, this innovative resource has been developed to enable practitioners to provide better and more appropriate services to Black and minority ethnic (BME) people experiencing mental distress.

A holistic approach to Black and minority ethnic mental health includes trainers' instructions, a series of challenging exercises and photocopiable masters of readings, handouts and OHPs, for five workshops:

Workshop 1: Values and Principles, enables practitioners to reflect upon and clarify the values and principles that underpin the delivery of holistic mental health services to Black and minority ethnic people

Workshop 2: Transcultural Practice, increases the cultural awareness and skills of mental health practitioners engaged in transcultural work

Workshop 3: Holistic Assessment, allows participants to gain knowledge and skills for undertaking holistic assessments of mental health needs with Black and minority ethnic people

Workshop 4: Individual Planning, teaches participants to construct plans of assistance for Black and minority ethnic service users that are person-centred and individualised to their cultural needs

Workshop 5: Risk Work, leads to an understanding of the concept of risk in relation to Black and minority ethnic people and the implementation of the principles of anti-discriminatory practice in risk assessment and management.

Of particular interest to: practitioners working with Black and minority ethnic people.

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