

Research Participants Needed



Who is eligible to take part?

Any Black, Asian and Minority Ethnic (BAME) person who is over the age of 18 and has accessed or is accessing therapy or counselling.

What's the research about?

I am an Asian person myself and I'm interested in understanding BAME people's experience of cultural competence in therapy.

There is much contention about what cultural competence truly is, and definitions or ways of understanding cultural competence can vary largely, one definition for example is by Cross et al (1989) who suggest cultural competence is "a set of consistent behaviours, attitudes and policies that enable a system, agency or individual to work within a cross-cultural context or situation effectively".

The aim of this study is to explore what cultural competence means to you, your understanding of it and your experience of cultural competence in therapy with your therapist.

Your participation will contribute to the further development and understanding of cultural competence within therapy.

What is involved?

Interview: You will be asked to attend an interview with the researcher, this will take place online. The interview is likely to last between 60 to 90 minutes. This interview will provide you with an opportunity to share your experiences in a non-judgmental environment.

Participation is **voluntary** and **confidential**.

As this can be a sensitive topic, for example, if you had a particularly difficult or upsetting experience of therapy, you may wish to reconsider whether you'd still like to participate.

How can I take part?

If you would like to take part or have any questions you would like to ask, please feel free to message me or email me: u.khan7@wlv.ac.uk

Thank you,

Ursala Khan