

Training for counsellors

Understanding and Working with South Asian Clients

Overview:

South Asian clients can bring unique perspectives to the therapeutic space. If therapists don't understand their identity, cultural nuances and the challenges they face, they may fail to provide them with a culturally inclusive experience.

This theoretical and experiential workshop will offer clinical input by exploring various aspects of South Asian culture in the UK and suggest how to therapeutically meet their specific needs.

Areas Covered:

South Asian Mental Health Overview
Common Presenting Issues
Identity Development Models
Clinical Guidelines
Clinical Vignettes & Case Studies

Who is this course for?

Trainee and qualified counsellors, psychotherapist and clinical supervisors.

When: 18 October 2025, 10:00 – 15:00

Cost: £60.00

Where: Training for Counsellors, Haydock House, Haydock Mews, Pleckgate Road, Blackburn, Lancashire. BB1 9RP

Interested? Booking link at www.training-for-counsellors.co.uk/book-online



Call or Text
01254 476704



Email
info@training-for-counsellors.co.uk



Website
training-for-counsellors.co.uk

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About Rajan Rai



Raj passionately believes that our South Asian clients deserve sensitive therapy that feels right to them. Raj created this training in response to his experiences of South-Asian clients expressing the value of therapists having cultural understanding. Raj is a registered member of the UKCP and currently is in private practice (in-person & online) in Nottingham. Raj works relationally with individuals & Couples. He also has experience in the charity sector and higher education.

About Training for Counsellors

Training for Counsellors was established in 2024 by Samantha (Sam) Crapnell because she wanted to celebrate the vast amount of knowledge, skills, passion and commitment that exists locally in our profession.

'We' are comprised of a growing team of people who are: designing and facilitating (or co-facilitating) courses and CPD activities, knowledge sharing their areas of interest to the benefit of clients and personal/professional development of the practitioners; becoming regular members of the Community of Practice; contributing to the ever extending library of books and learning resources; and sharing the word about what we are trying to bring to our community, our profession and our clients.

As a result, the company is developing quickly offering qualifying courses, training certificates, in person and online CPD opportunities that are relevant to practice. And we are proud of what we offer because the regular feedback confirms that we are offering learning opportunities that allow people to learn in their own way, taking away what they need.



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