

RACIAL AND CULTURAL ISSUES IN ENGLAND (reported since the 1980s and still evident)

Black / Ethnic Minorities more often:

Diagnosed as schizophrenic

Compulsorily detained under M. H. Act

Admitted as ‘Offender Patients’

Held by police under S. 136 of M. H. Act

Transferred to locked wards

Not referred for ‘talking therapies’

(and find these therapies do not ‘make sense’)

Ref: (after) table in Fernando and Keating, (2009) *Mental Health in a Multi-ethnic Society. 2nd edn.* Routledge, London

(similar lists in various reports over the years)

INSTITUTIONAL RACISM

‘The collective failure of an organisation to provide an appropriate and professional service to people because of their colour, culture or ethnic origin. It can be seen or detected in processes, attitudes and behaviour which amount to discrimination through unwitting prejudice, ignorance, thoughtlessness and racist stereotyping which disadvantages minority ethnic people’.

The Stephen Lawrence Inquiry by Sir William Macpherson (Home Department, 1999:28)

Institutional racism in training of professionals: the whiteness of knowledge

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Whiteness of knowledge in clinical psychology

In psy disciplines

What is taught as 'knowledge' is largely derived from ideas about madness and mental health problems that are derived from western (European) cultural sources, based on western ideas about human nature, the 'mind', the purpose of life, etc.

Black academics seem to be side-lined and cannot get their views heard and do not get promotion if they are critical of main stream practice. Or they 'disappear'—e.g. emigrate to North America

Policies and training reflect the above.

e.g. BPS-DCP policy "Understanding schizophrenia and psychosis"

Why Is my curriculum white?

<https://www.youtube.com/watch?v=Dscx4h2I-Pk>

Kalathil and Faulkner (2015): 'Racialisation and knowledge production: A critique of the report Understanding Psychosis and Schizophrenia' *Mental Health Today*, Jan-Feb 2015, 22-3

DIVERSITY OF TRADITIONS

(concerning 'mind', health/illness, 'mental health')

[Western] 'scientific' psychology (objectifies the subjective)

.. at a crossroads ... between the subject and the object, between within and without, between lived experience and knowledge' (Foucault, 2006: pp. 529-30)

'Other psychologies' are often buried in religion, healing and philosophy - e.g. Maori, Buddhist, Hindu, Sufi, various African systems, etc.

'Psychiatries' (??) i.e. systems dealing with complex human problems in terms of (primarily) 'illness' is seen in several cultural traditions

Māristāns (mental hospital) Aleppo, Syria



Photo by Questier: <http://www.questier.com>

Therapy in the mārīstāns

... mixture of Galenic Greek medicine with pre-Islamic folk medicine and over-arching principle of divine causation (Dols, 1992).

... blissful union of science and religion (Graham, 1967)

... ‘sort of spiritual therapy .. Involving music, dance and theatrical spectacles and readings of marvellous stories’ (Foucault, 2006)

Dols (1992): Majnūn: The Madman in Medieval Islamic Society D. E. Immisch (ed) (Oxford: Clarendon Press). Foucault, M. (1967) *Madness and Civilization. A History of Insanity in the Age of Reason* (London: Tavistock). Graham (1967): *Medieval Minds. Mental health in the Middle Ages* (London: Allen & Unwin)

Muhammad Zakariyā Rāzī
al-RAZI, Abu Bakr Muhammad Zakariyya
(Latinized name: Rhazes or Rasis)

Born: 854 CE
Rey (near Teheran)

Died: 932 or 925 CE
Rey, Iran

**Persian polymath,
physician, chemist,
philosopher, court
physician and chief
physician of Baghdad and
Rey hospitals**

Prolific author
**Wrote texts on
melancholia and other
mental illnesses**



Moses Maimonides (1135-1204) (Statue at Cordoba)



‘Psychiatry’ (?) in Tibetan Medicine around 12-13 Century

**‘...complex interweaving of religion, mysticism, [Mahayana Buddhist] psychology and rational [Ayurvedic] medicine.’
(Clifford, 1984: p. 7)**

Psychology involved with insanity [‘psychosis’?] is the same as that required for pursuing enlightenment: ‘..it all depends on whether it is accepted or not ...’ (Clifford, 1984: p. 7)

Ref: Clifford, Terry (1984) *Tibetan Buddhist Medicine and Psychiatry: The Diamond Healing*. York Beach, Main: Samuel Weiser

Snippets from research

**1. WHO's International Pilot Study of Schizophrenia (IPSS)
1960s and 1970s; 3-5 yr and 13-15 yr follow-ups**

Better outcome in non-western locations

**2. Tamil Nadu (2002): healing centre in Hindu Temple – 31
'patients' no specific ceremonies**

Outcomes as good as with bio-medical psychiatry

**3. Kerala study (2004) of 100 'patients' attending (a) Hindu /
Muslim / Christian locations for healing; (b) Ayurvedic
Hospital; and (c) Allopathic Hospital for 'mental illness'**

By shopping round, one third benefited from each

Some recent books on non-western psychologies & healing

Watts, Allan W. (1981) *Psychotherapy East and West* London: Jonathan Cape

Kakar, Sudhir. (1984) *Shamans, Mystics and Doctors. A Psychological Inquiry into India and its Healing Tradition.* London: Unwin Paperbacks.

Clifford, T. (1984) *Tibetan Buddhist Medicine and Psychiatry: The Diamond Healing* York Beach, Main, USA: Samuel Weiser.

Hammer, L (1990) *dragon rises red bird flies. Psychology & Chinese Medicine.* New York: Station Hill Press.

Kapferer, Bruce (1991) *A Celebration of the Demons. Exorcism and the Aesthetics of Healing in Sri Lanka.* Oxford and Washington: Berg Publishers and Smithsonian Institute Press.

Dols, M. W. (1992) *Majnün: The Madman in Medieval Islamic Society.* D. E. Immisch (ed.). Oxford: Clarendon Press.

Hobart, Angela (2003) *Healing Performances of Bali. Between Darkness and Light.* New York & Oxford: Berghahn Books.

Sax, W. (2009) *God of Justice. Ritual Healing and Social Justice in the Central Himalayas.* Oxford: Oxford University Press.

Halliburton, Murphy (2009) *Mudpacks & Prozac. Experiencing Ayurvedic, Biomedical & Religious Healing.* Walnut Creek, California: West Coast Press.

Naidoo, Ravindra Lohirajh and Sehoto, Shadrack Mpho (2012) *AbaNguni Traditional Healing. Indigenous Mental Health Practices in KwaZulu-Natal, South Africa.* Toronto: University of Toronto Ontario Institute for Studies in Education and Centre for Diversity in Counselling and Psychotherapy

Sutherland, Patsy, Moodley, Roy and Chevannes, Barry (2014) *Caribbean Healing Traditions. Implications for health and mental health.* New York and London: Routledge.

De Silva, Padmasiri (2014) *Buddhist Psychology and Counselling.* Fifth edition. Basingstoke and New York: Palgrave Macmillan

Thank You!