

# THE MULTI-LINGUAL PSYCHOTHERAPY CENTRE

## MLPC LECTURE

### ***“CULTURAL ALIENATION AND THE STRUGGLE FOR MEANING IN THE THERAPEUTIC RELATIONSHIP”***

By

*PATRICIA FOTHERINGHAM*

**Saturday 7th of March 2015**

Patricia Fotheringham explores the therapeutic difficulties of working with inner city clients who are traumatised and frightened, struggling to communicate effectively. If our first words are a kind of 'umbilical cord' reaching out to the mother and at the same time they function as the very symbols that separate us from her, this raises a question. How do we work with the most disturbed client who is being asked to work in a language other than their mother tongue? How do we go further than mere reassurance? How do we create a therapeutic alliance with people who feel alienated from society?

Drawing on her personal experience of languages symbolising either conflict or outsider status Patricia will look at two case studies to think about how her consciousness of cultural, social and linguistic difference amongst these clients challenged her to take a different approach to the work.

Patricia Fotheringham was born in Zimbabwe when it was a colony and grew up during the long civil war. She was an undergraduate at the University of Cape Town where she also witnessed the release of Nelson Mandela and then moved to the United States to finish her PhD. She has lived in England since 1990 and qualified as a Psychotherapist from Birkbeck College and works for a mental health charity in Barnet.

**\*\*Venue: The Freud Museum, 20 Maresfield Gardens, London NW3 5SX\*\***

**9.30: Registration**  
**10.00 Lecture**  
**10.45 Coffee Break**  
**11.05 Discussion**  
**12.00 Close**

**Cost: £15 (members) and £25 (non-members) including refreshments**  
(C.P.D. Certificate available upon request)

FOR FURTHER DETAILS CONTACT

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