

Thinking beyond the therapy room: what can community psychology add to everyday psychological practice?

Dr Steven Mayers, Clinical Psychologist

Trained in the UK, Steven Mayers now works primarily as a therapist in Sydney. He is involved in the introduction of Open Dialogue in Australia, and recently established two community-based projects: Café Psychologique, which provides a space for conversation on a range of topics; and the Problem Solving Booths, which enable strangers to help each other solve simple 'five-minute' problems.

Reliance on medical-model diagnosis typically hides social adversity that is often at the root of psychological distress. Psychological practice can thus inadvertently play a role in implementing social policies that serve to maintain an unjust status quo, for example in the justice system, or in education, disability, employment or family violence contexts.

Hosted by the APS College of Community Psychologists, this free seminar will provide an opportunity for attendees to think critically about the dominant discourses in psychology, and to develop their understanding of how a pragmatic, values-led approach can be more useful for people who are experiencing distress. Steve will make the case that concepts such as power and social inclusion should be central to the work of all psychologists.

Consideration will be given to how the ideas and values of community psychology can be applied to the work of psychologists in individual, community-based and sociopolitical contexts.

Wednesday May 2nd, 7-9:30pm

To reserve a seat RSVP: H.Gridley@psychology.org.au

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