Racial Trauma & Healing

Are you a therapy client or therapist that self identifies as a person of colour?

Would you like to discuss your experiences in a research study?

ABOUT

Very little is known about the experiences of people of colour in psychotherapy practices in Canada.

In this qualitative study, we will explore the experiences of therapy

clients and therapists (RP & MSW) who identify as people of colour.

This study will **require 60-120 minutes of your time** to participate in an interview with the research team. We may discuss topics such as **racial/cultural sensitivity, oppression, racism, and mental health.** The findings will help academics and therapists to develop more racially and culturally sensitive therapy practices in the future. Interviews will take place over Skype or phone and will be confidential.

A choice between a \$20 gift card for either Starbucks or Another Story Bookshop will be offered to all participants as a token of appreciation.

CONTACT

If you are interested in participating or would like more information, please contact the research team at **racetherapystudy@gmail.com**



THIS STUDY HAS BEEN APPROVED BY THE RESEARCH ETHICS BOARD AT THE UNIVERSITY OF TORONTO.