



# COSCA Ethical Seminar 2020

**Raploch Community Campus  
Drip Road, Stirling FK8 1RD**

**Wednesday 19th February 2020**

**1.00pm - 3.20pm**

(open from 12.30pm for registration)

## **Unconscious Bias in the Therapy Room**

Many counsellors strive to adopt a non-judgmental approach towards their clients and are empathic and congruent with them. However, counsellors often make 'accidental' assumptions and judgements about their clients without being conscious of doing so. When this occurs, counsellors with often the very best of intentions have an unconscious bias towards their clients.

Unconscious bias is a subtle process that can create inequality as it makes assumptions and judgments about clients that may not be accurate and which may disadvantage them and change the therapeutic framework.

These judgements may result in reductions or failures in the counsellor's empathy and congruence. Unless counsellors actively work to explore and uncover their unconscious biases, they may be failing to be acting in the best interests of their clients and so not working ethically.

Clients can also have an unconscious bias towards their counsellors, resulting in the possibility of a 2-way process of unconscious bias in the counselling room.

### **This years Ethics event will explore:**

- the process of unconscious bias in general and how it works in specific groups
- the origins and extent of these unconscious biases
- how unconscious biases can cause counsellors to judge their clients without realising it
- what counsellors can do to start to address unconscious bias - being curious rather than judgmental

In the discussion groups, the event will discuss the above in more detail.



**COSCA**  
Counselling & Psychotherapy  
in Scotland

Please complete the booking form attached and return it to COSCA by Friday 31st January 2020.

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# COSCA Ethical Seminar 2020

## Programme

- 12.30** Registration and Tea/Coffee
- 1.00** Welcome and Introduction to Event: Fiona McCall,  
Chair, COSCA Ethics Committee
- 1.10** Keynote Presentation:  
Beyond Homophobia, Craig Hutchison
- This session will look at contemporary forms of prejudice as they might apply to the counselling room and will explore the 'interaction unease' which can occur when well-intentioned practitioners meet with members of stigmatised groups.
- Craig Hutchison organised Scotland's first national conference on LGBT affirmative therapy (Out of Mind, 2000). Currently Counselling and Bereavement Support Manager for a large hospice, he was formerly a member of COSCA's Voluntary Sector Counselling Practice Research Network and a COSCA accredited trainer at diploma level.
- 2.00** Comfort Break - tea/coffee and biscuits available
- 2.10** Discussion Groups
- 3.10** Concluding Remarks from Participants: Fiona McCall,  
Chair, COSCA Ethics Committee
- 3.20** Close



**COSCA 12th Annual Ethical Seminar**  
*'Unconscious Bias in the Therapy Room'*  
**Wednesday 19<sup>th</sup> February 2020**  
**Raploch Community Campus,**  
**Drip Road, FK8 1RD**

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| <b>Name</b>                                  |  |
| <b>Address</b>                               |  |
| <b>Organisation (if appropriate)</b>         |  |
| <b>Email</b>                                 |  |
| <b>Telephone Number</b>                      |  |
| <b>Member of COSCA?</b>                      | YES <input type="checkbox"/> NO <input type="checkbox"/> |
| <b>Do you have any dietary requirements?</b> |  |
| <b>Do you have any access requirements?</b>  |  |

**Cost:**

COSCA Members £25.00

COSCA Non-Members £30.00

I will pay direct to the bank:

**Bank: Clydesdale Bank PLC**

Date paid: \_\_\_\_\_

**Sort Code: 82 68 05; Account No. 70174110**

Cheque enclosed:

Please Invoice (£2.00 service charge).  (please tick, if invoice required)

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Please note that no refunds can be made in the event of cancellation.

*Please return completed booking forms to COSCA by Friday  
31st January 2020.*

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| Nominal Code | 16 |
| Payment      |    |