

The Lead Organisation for CBT in the UK and Ireland

British Association for Behavioural
& Cognitive Psychotherapies




www.babcp.com

Personal experiences of seeking help from the BAME community

1.15–1.45

Two different male perspectives

- ▶ Abdi Karim Hassan

 - ▶ Javid Rehman
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Involving People with Personal Experiences

- ▶ <https://www.babcp.com/Public/Personal-Accounts/Personal-Accounts.aspx>
- ▶ <https://www.babcp.com/files/About/BABCP-Public-Engagement-Review-and-Strategy.pdf>