

Abstract

This dissertation is about working with differences. As a black male therapist, I am well accustomed to feeling 'different' in several settings, not least in my therapy training. This dissertation explores the experience of growing up as a black male and what that means for the field of psychotherapy. A case study explores how cultural humility and a willingness for a therapist to challenge themselves and their own perceptions can lead to a good therapeutic outcome with a client from a very different background.