

## **Editorial: *Being Nice is Not Enough***

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This special issue of Clinical Psychology Forum, focusing on clinical psychology training, has been in genesis and uncomfortable gestation (because of the subject matter) for several years, and builds on previous Forum special issues on racism (e.g. Daiches and Golding, 2005; Newland, 1998).

Both of us have worked on clinical psychology training programmes for many years. We each have professional, academic and clinical interests beyond racism, Whiteness and clinical psychology. Yet, racism has profoundly shaped our histories and our personal and professional lives and sadly, also resurfaced in the many trainees' accounts we have heard over the last three decades of their own journeys and experiences before and during training. With that has come our commitment to ensuring that clinical psychology training adequately prepares and supports trainees to see racism in all its guises, to name it, talk about it, combat it – in all aspects of training, clinical practice, research, theorising and service delivery.

One of us (Nick Wood) trained as a clinical psychologist in South Africa during the late years of apartheid, where I became increasingly aware of the profession's complicity with apartheid structures. It was evident, even with the shift to the new democracy in the nineties, that rampant societal racism had merely gone underground, politely but perhaps even more devastatingly re-coded as covert 'micro-aggressions,' under the honeymoon umbrella guise of a 'Rainbow Nation' (Steyn & Foster, 2008; Knaus & Brown, 2016).

There, in South Africa, the honeymoon is over and here, in the UK, a BREXIT divorce appears imminent. Encouraged, overt racism is re-emerging and gathering strength in Britain too (Minhas, 2019) – unabashed, and brutal in its form and impact. How complicit is our own profession with this? How do we as clinical psychologists confront our own personal and

professional histories? How do we name and address racism in training, in clinical practice, in research and in our services? Given racism is institutionally bound and fed, what are the knowledges and practices within clinical psychology that are racist and harmful (EHRC, 2019; Fernando, 2017)?

These questions are broad and far reaching indeed, so as editors, we have decided to restrict our focus, in this issue, on the training arena for clinical psychology. Both of us have supervised numerous Doctoral research projects that make no bones racism is alive and well within the profession (e.g. Shah, Wood & Nolte, 2012; Samuel Paulraj, 2016). A recent presentation by Dawood & Peart (2019) at the annual Division of Clinical Psychology - as part of the Minorities in Clinical Psychology group – also illustrated some uncomfortable examples of prejudice and racism, from many of us within the profession. Someone commented, in the ensuing discussions after the end of the presentation, “at least we are mostly nice and well intentioned.” Unfortunately, *being nice is not enough*.

Our position has consistently been that we need to get our professional house in order, and we need to look at clinical psychology training and our profession. In response to Dawood and Peart, yes, we think we do need a paradigm shift; whether it’s considering embedding intersectional, inter-cultural and/or decolonial approaches (Ngoasheng, 2018; Pillay, 2017), we need to find ways of challenging Whiteness, racism and Eurocentricity within our models and practice (Arday & Mirza, 2018; DiAngelo, 2018; Sue, 2015; Wood & Patel, 2017; Keval and Patel, 2018).

This special issue includes brave essays from trainees and would-be trainees, who are to be lauded for their risk-taking attempts to raise awareness of these issues for all of us, within British clinical psychology. We are pleased to include responses to issues raised in this Special Issue from Esther Cohen-Tovee, the Chair of the Division of Clinical Psychology

(DCP-UK) and from Mick Wang, the Chair of the Board of Directors of the Association of Clinical Psychologists (ACP-UK). As several contributors here suggest, and historically, as many of us have repeatedly asked, we need to collectively take responsibility for the ongoing transformation of the profession. Like the current and unfolding climate catastrophe, only a combined and unified approach *now*, by all of us, will help ensure a more humane profession where we are unafraid to address our professional history, guilt, helplessness and discomfort in naming, talking about and addressing racism.

*\*A note on terminology. The terms Black, White, Whiteness, race and racism, and acronyms such as BME and BAME, refer to complex and contested concepts which have evolved historically in their meanings and usage within different disciplines and contexts. In this special issue, we have honoured the different use of the terms by the authors, and ensured consistency within papers, though we have not provided an analysis of these terms. Readers may wish to read references provided and other literature to better understand these terms.*

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