



# NAFSIYAT

**Intercultural Therapy Centre**

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Nafsiyat offers mother-tongue intercultural psychotherapy and counselling to people from diverse cultural communities

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## Who we are

Nafsiyat means “mind, body and soul” in three ancient languages. In 1983, leading Indian psychotherapist Jafar Kareem founded the charity. Jafar recognised that many from culturally diverse communities struggle to access appropriate help. Our organisation has pioneered an innovative and accessible form of multi-disciplinary psychotherapy for ethnic minorities.

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## What we do

Nafsiyat’s primary activity is the delivery of specialised therapeutic help to people from ethnic minorities, taking account of cultural, racial and linguistic needs. We offer individual, couple, group and family therapeutic interventions. The majority of our work is done in mother-tongue languages without interpreters.

## Who we help

Nafsiyat offers services to people from ethnic and cultural minorities, for people in mixed cultural relationships as well as for people for whom cultural matters are an issue. Therapeutic help is offered to individuals, couples and families experiencing emotional and psychological problems.

## Languages we work in

Albanian, Arabic, Bengali/Sylheti, Czech, English, Farsi, Ga, Greek, Hindi, Hungarian, Krobo, Kurdish, Norwegian, Punjabi, Russian, Serbian, Slovak, Spanish, Tigrinya, Turkish, Twi, Urdu, and Yoruba. However, the languages we offer change with the movement of staff, so please contact us to check whether a particular language is available.

## Provision for people with disabilities

Our ground-floor premises are fully accessible and have a wheelchair-accessible toilet.

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## What it costs

Short and medium term therapeutic support is offered free to adults in the London boroughs of Camden, Islington, Haringey and Enfield. We also have a large membership of qualified professionals who are experienced in the field of private work, please contact us for information and fees.

## How to apply for our services

We accept referrals from health care professionals, social care professionals and voluntary organisations. We also accept self-referrals. There is a referral form on our website. Referrals can also be made by letter, fax or email. It is helpful to include the client's name, address, date of birth, telephone number and languages spoken, among other details. Nafsiyat does not provide a drop-in service; access is strictly by appointment only. We do not operate emergency or crisis services.

## Other services

### TRAINING

We offer top-quality training to enhance professional intercultural competence to both individuals and agencies. This is sensibly priced and can be bespoke and in-house. Check our website for details on the open-to-public CPD training courses we offer.

### SUPERVISION

Clinical supervision is offered to both individuals and groups and can be arranged to take place either at Nafsiyat or elsewhere.

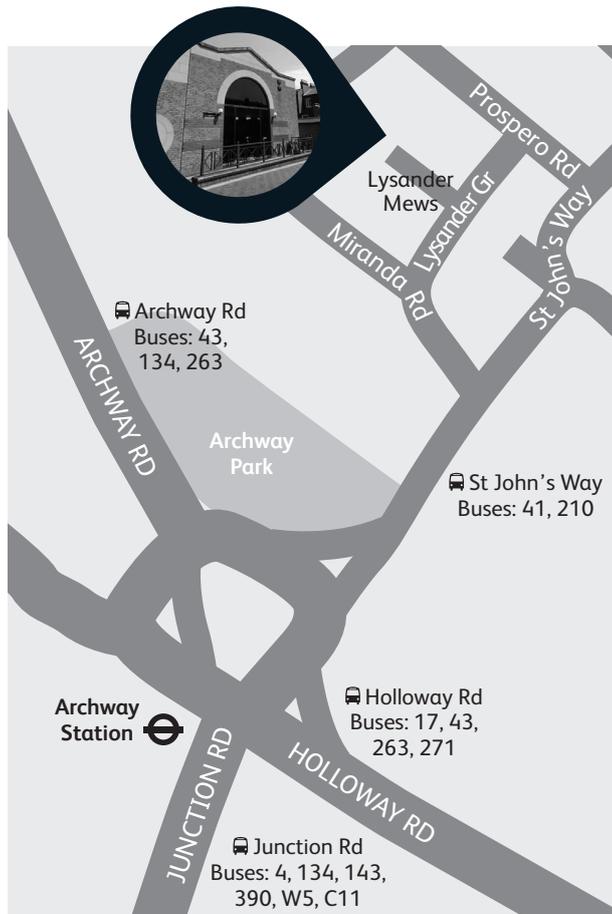
### TRAINEE PLACEMENTS

Placements are available to final-year trainee psychotherapists and counsellors who are studying either psychodynamic or integrative modalities.

### PROFESSIONAL MEMBERSHIP

Nafsiyat is a member organisation of the United Kingdom Council for Psychotherapy (UKCP). We have many members and welcome psychotherapists who work in an intercultural way to register with us.

## How to find us



Unit 4, Lysander Mews  
Lysander Grove  
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### UNDERGROUND STATION

Archway (Northern Line)

### OVERGROUND STATIONS

Upper Holloway (trains to Gospel Oak, South Tottenham)

There is local parking, but it is very restricted.

Our premises are fully accessible for clients with disabilities, and have a fully accessible toilet.

Nafsiyat is funded by

