

Cambridge University Press & Assessment
978-1-316-51459-7 — Journey to the Centre of the Self
Exploring the Lived Experiences of South Asian Psychiatrists in the UK
Rina Arya , Dinesh Bhugra
Frontmatter
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Journey to the Centre of the Self

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‘When anyone in the UK suffers a major mental illness, who are you going to call? South Asian psychiatrists might stake a surprisingly vigorous claim to be the largest ethnic grouping of psychiatric specialists, responsible for the mental health of the entire nation, via the NHS. Yet they remain a neglected and unfashionable subject, often facing direct racial antagonism from their own patients. This is a scholarly, yet personal, attempt to redress the injustice of their marginalisation. How they have soldiered on despite astonishing obstacles placed in their way by the NHS, their colleagues and the regulator of the medical profession, the General Medical Council, is an important, riveting, yet timely, drama.’

*Dr Raj Persaud, FRCPsych, Consultant Psychiatrist, Harley Street, London;
author of The Mental Vaccine for Covid 19 (Amberley Press)*

‘An interesting and informative book that explains the complex adjustment issues of international medical graduates in the UK. The personal experiences illustrate the motivation and dedication of the foreign doctors to pursue professional expertise in the NHS and provide examples of their hard work and insight into the significance of cultural identity, migration and marginalisation in their lives and work.’

*Dr Afzal Javed, Consultant Psychiatrist, Past President World Psychiatric Association
(2020–23); Honorary Professor, Institute of Applied Health Research, University
of Birmingham, UK; Chairman, Pakistan Psychiatric Research
Centre, Lahore, Pakistan*

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University of Hull

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King's College London



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Glossary

This glossary, compiled with an interdisciplinary readership in mind, lists key terms.

Acculturation – the process of social, cultural and psychological change that occurs between two cultures that leads to adaptations between both cultures.

Assimilation – in the context of culture, the process by which a minority culture takes on the values, behaviours and beliefs, partially or fully, of another group.

Asian – in British English usage, ‘Asian’ is used interchangeably with ‘South Asian’.

AYUSH – an integrative healthcare model formed by the Government of India in 1955, and renamed in 2014, that brings together Indian systems of medicine. These are comprised of Ayurveda, Yoga, Naturopathy, Unani, Siddha and Homeopathy.

BAME – A UK acronym (replacing ‘BME’) used until 2021 that stands for ‘black, Asian and minority ethnic’ and was a collective term to refer to non-white minorities.

black – in the UK, a multi-ethnic group characterised by people of African or African-Caribbean descent.

Black – a political term that captures collective identity, used in UK politics from the late 1970s, which was used to unite minorities with African, Caribbean or South Asian origins through a common experience of racism in the UK.

Black Lives Matter – a political and social movement that seeks to highlight racism and discrimination experienced by black people.

Body – in the humanities and social science, a socio-cultural construct that defines relations of power and language.

Body schema – a multidimensional concept used in this book to describe the lived body’s interaction in the world and its possibilities in space.

BME – a UK acronym that stands for ‘black and minority ethnic’, that grew from the politics of Black identity in the late 1970s. It was replaced by ‘BAME’, which was more accommodating of Asian identity.

BPPA – the British Pakistani Psychiatrists Association.

CESR – Certificate of Eligibility for Specialist Registration – now known as the Portfolio Pathway – the route to specialist registration for doctors who have not completed a GMC-approved training programme.

CQC – Care Quality Commission; the independent regulator of health and social care in England.

Culture – the norms, practices and values that characterise groups.

Djinn – the romanized spelling for a particular class of spirits that can affect humans (see also jinn).

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| | <p>Ethnicity – a characterization of people based on a shared culture; for example, language, food, values, related to a shared history and common ancestry.</p> <p>Embodiment – the state or fact of being embodied.</p> <p>First-generation – a migrant who is foreign-born, which includes naturalized citizens and lawful permanent residents.</p> <p>GMC – The General Medical Council is a public body that maintains the official register of medical practitioners within the United Kingdom.</p> <p>Historico-racial epidermal schema – Frantz Fanon’s construction of an alternative body schema.</p> <p>Indigenous – originating in a particular place.</p> <p>Intersectionality – a concept coined by Kimberlé Crenshaw which denotes how race, class, gender and other characteristics intersect with one another to shape experiences and expose areas of privilege.</p> <p>Izzat – a term used in South Asian culture, which means ‘honour’ and is used to refer to a person’s reputation or standing in the family or community.</p> <p>Jinn – from the Arabic for a particular class of spirits that can affect humans (see also djinn).</p> <p>Lived experience – Personal knowledge about the world gained through direct, first-hand involvement rather than through the representations of others (see phenomenology).</p> <p>Middle Grade doctor – doctors in speciality training programmes.</p> <p>MTI – the Medical Training Initiative, which is a scheme that provides a route for overseas doctors wishing to train and develop their skills in the NHS.</p> <p>Other (‘The other’) – a term used to capture the ways other people are different from us.</p> <p>Othered – the state of being made ‘the other’, which is a distancing mechanism to reduce the status of the other.</p> <p>Pagal – a Hindi/Urdu word, which translates as ‘mad’, ‘crazy’ or ‘insane’.</p> <p>Phenomenology – a philosophical approach that concentrates on the study of consciousness and the objects of direct experience.</p> <p>PLAB – Professional and Linguistic Assessments Board, which validates knowledge and skills to practise medicine in the UK.</p> <p>Race – the social construction and categorization of people based on perceived shared physical traits.</p> <p>Reflexivity – the action of questioning one’s own assumptions.</p> <p>Second-generation – used to refer to the second generation of a migrant family to inhabit a country, and so the first generation of that family born in that country.</p> <p>Sharam – a term used in South Asian culture, which means ‘shame’.</p> <p>Stigma – refers to a negative attitude held by a social group.</p> |

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Somatization – the tendency to express psychological distress in the form of somatic (bodily) symptoms and to seek medical help for these symptoms.

South Asia – refers to the southern region of Asia, which is defined in both geographical and ethno-cultural terms.

South Asian – an inhabitant of South Asia or a person of South Asian descent.

Structural racism – laws or policies in a society that result in political and social disadvantages to some people within that society.

Transnationalism – a sense of identification engendered by globalisation, allowing for the forging of multiple identities that cut across national boundaries.

Trust – an organisational unit within the National Health Services of England and Wales serving a geographical area.

White – a multidimensional term. It is a racialized classification and a skin colour specifier, although the definition is context dependent. In the context of cultural theory, it refers to a space of privilege.

White privilege – the inherent advantages possessed by a white person on the grounds of their place in society characterised by racial inequality and injustice.