

**Workshop Title:** Embodying equity: Applying Universal Design principles to Therapeutic Practice

**Facilitator:** Julia Ouzia

**Facilitator Biography:**

Julia is a Senior Lecturer in Psychology Education at King's College London and a Gestalt psychology trainee at the Metanoia Institute. Originally trained as a psycholinguist, Julia now mainly focuses on researching relational aspects in contemporary psychotherapeutic practice and ways in which Universal Design principles can inform a more equitable educational and therapeutic practice. Julia lives in South West London and, when not working, enjoys long walks in London's green spaces and reading an eclectic range of fiction.

**Capacity:** 5-20

**Outline / Aims:**

Universal Design is a social justice framework that seeks to inform holistically accessible professional practice. In this two-part workshop, we will experientially (the why) and practically (the how) explore how Universal Design can be applied in the therapeutic space. We will begin by considering what feeling included means to us personally with the goal to emphasise that this is crucial for the entire therapeutic community, including clients, therapists, and supervisors. We will then look at how Universal Design principles can be translated when working in a therapeutic space. The outcome of this workshop will be a co-created set of principles that support individuals working therapeutically in an inclusive practice.

**Alignment:**

Equitable practice can elicit feelings of stuckness and Universal Design provides a framework to look at this more lightly, playfully even.