



**The Sherwood Institute**

Nottingham

SPTI: Sherwood Psychotherapy Training Institute

Continuing Professional Development Programme

# Counselling Young People:

## A Humanistic and Integrative Approach to Working with Young People (11-18)

Delivered by **Cathy Lasher**

**£320 (Current SPTI Members)**

**£350 (Non-SPTI members)**

A five-day programme over two workshops  
**23<sup>rd</sup>-24<sup>th</sup>-25<sup>th</sup> September 2017 and 4<sup>th</sup>-5<sup>th</sup> Nov 2017**

The Sherwood Psychotherapy Training Institute  
30 Park Row, Nottingham, NG1 6GR

This highly interactive and experiential workshop focuses primarily on the differences between working with adults and working with young people, helping you make the necessary cognitive and emotional adjustments between working with these two very different client groups. It is constructed on the very clear evidence-based competences that the BACP have identified, and is designed to complement and extend the training offered in courses aimed at working with adults.

On the workshop we will investigate a number of key issues affecting young people today. Ten years ago 'family relationships' were at the forefront of issues brought by young people to counselling. Today, anxiety and various forms of self-harming are the leading presenting issues. Also, we cannot ignore the ever-present influence of social media on this client group.

We will also explore various methodologies that can be successfully used in working with young people. We know more than ever about the development of the adolescent brain. From this we are able to understand more about what adolescents are facing, and also more about how to engage them in the counselling relationship. We have long known that



various creative approaches work more effectively with young people than traditional 'talking therapies' alone, and this workshop will explore some of these alternatives.

Working with young people presents legal and ethical considerations that are different from those encountered when working with adults. We will cover the key elements of professional and legal issues relevant to working with young people, including child protection and disclosure requirements, as well as note-taking and the wider legal system.

Finally, work with young people inevitably includes 'others' – parents, teachers, agency representatives, e.g. We will explore the various contexts within which this work takes place, and consider the particular implications of these for us as practitioners.

Throughout the workshop we will be reflecting back on our own experiences of adolescence, and considering our wider experiences of and attitudes towards young people. This will help enhance our empathy with and ability to relate to our young clients.

### **Learning outcomes relating to working with young people aged 11-18:**

- Understanding of the social, emotional and psychological development of young people
- Understanding issues affecting the psychological and emotional health of young people
- Knowledge of relevant legal frameworks, including confidentiality, consent and capacity, child protection and disclosure, and risk assessment
- Ability to operate within the relevant professional and ethical guidelines
- Ability to work in different contexts/settings
- Ability to communicate with young people of different ages and developmental stages

### **Available places**

- 18 places are available on a first come, first served basis (please refer to the minimum entrance requirements).



## Minimum entry requirements:

- Current BACP or UKCP Student Members (**who have successfully completed all elements of year 1 of their respective training courses at level 4 or above**)
- Graduates who have completed a BACP or UKCP diploma level counselling / psychotherapy qualification or equivalent, designed for working with adults

## Comments from previous participants include:

- 'Excellent trainer. Cathy knows the subject very well. Contains the experiential exercises extremely well.'
- 'I enjoyed participating in the experiential work, learning from others in the group, and the mix of knowledge and experience.'
- 'I feel like I have had a good grounding about working with young people for the first time...'
- 'Good in many respects - theoretical, experiential, personal and networking.'
- 'Good content, good mix of experience, and well worth my hard-earned and very limited cash!'

## About The Trainer

Cathy is a UKCP accredited psychotherapist and supervisor, working in private practice as well as a tutor/trainer on therapy-related degree courses. She originally trained at the Chiron Centre for Body Psychotherapy, and considers herself to be a relational, integrative practitioner. Her tutor/trainer career includes a number of years of teaching on an MA in Integrative Child and Adolescent Psychotherapy and Counselling. Alongside her work in the therapy world, she is also an executive and business coach and supervisor, and a leadership development specialist, combining formal qualifications as a chartered accountant (in recovery!) and an MBA, with her formal qualifications and experience as a relational psychotherapist and supervisor. Cathy has a passion for reflective practice and self-directed learning, which runs through all her work.





## Counselling and Young People

A five-day programme over two workshops

23<sup>rd</sup>-24<sup>th</sup>-25<sup>th</sup> Sep and 4<sup>th</sup>-5<sup>th</sup> Nov 2017

Name			
Address			
Postcode		Date of Birth	
Where did you hear about us		Dietary Requirements	
Telephone		Mobile	
Email Address			
Any access requirements			
Relevant Education / Training			

**Fees:** Please make **cheques** payable to **SC&P**. Please state your full name as payment reference.

**Bank transfers** can be made to **NATWEST**, 134 Front St, Arnold, Nottingham.

Sort code: **54-21-51** Account Number: **30516935**

Please note that places are allocated on a first come, first served basis and the **full fees must be made at the time of submitting the booking form**. In case of withdrawal two weeks or more prior to the course commencement, a full refund will be made (minus an administration fee of **£20**). If withdrawal is made subsequently, student will be liable for the **full amount**.

Please indicate (tick <input checked="" type="checkbox"/> ) your fee rate and method of Payment			
SPTI Student / Graduate / Member <b>£320</b> (Current Student or valid/paid SPTI Membership)		Non-member <b>£350</b> (External / Lapsed members)	
I enclose a Cheque		I made a bank transfer (BACS)	Please invoice my employer