



## Working Therapeutically with Young People

A One-Day Training Event -  
April 8th 2009 Leeds

**'Shifting the balance:  
supporting adolescent  
development in troubled times'**

This one-day training event is aimed at professionals working in health, education and social care services with adolescents who may have a range of mental health and developmental difficulties. It provides an introduction to the application of psychoanalytic ideas to work in a variety of roles and settings, and an opportunity to focus on areas of special interest.

### Aims of the training event:

- To help professionals in a wide range of work roles in universal and targeted services respond to the emotional and mental health needs of the young people with whom they work
- To offer an opportunity for learning about the use and value of applied psychoanalytic thinking in the workplace
- To provide a forum for sharing expertise in targeted areas of work with young people
- To introduce participants to themes that are developed further in the Postgraduate Certificate in Psychodynamic Approaches to Working with Adolescents (1 Year part-time)

**Date:** Wednesday April 8th, 2009

**Time:** 9:30 to 5:00 with lunch provided

**Venue:** University House, University of Leeds

**Cost:** £35

### Course members will be helped to:

- identify and learn more about the high levels of anxiety encountered in working with troubled young people
- explore the challenges and issues currently facing organisations providing services for young people
- examine the nature of institutional and group processes surrounding adolescents and those who work with them

*"Adolescents pose a challenge to all who work with them. This event explores ways of working with young people and offering an effective service for them."*

### Outline Programme

#### MORNING

**Presentation: 'Thinking under fire: an applied psychoanalytic perspective in the workplace'**

Lydia Hartland-Rowe, Consultant Child and Adolescent Psychotherapist, NSCAP and Organising Tutor, MA/PGCert 'Psychodynamic Approaches to Working with Adolescents', Tavistock Clinic, London

**Workshop: 'Supporting adolescence' (Choice 1)**

- Teenage pregnancy
- Eating disorders
- Leaving care
- Antisocial behaviour

#### AFTERNOON

**Workshop: 'Supporting adolescence' (Choice 2)**

- Teenage pregnancy
- Eating disorders
- Leaving care
- Antisocial behaviour

**Presentation: 'Open Door – supporting adolescent mental health in the community'**

Julia Britton, Consultant Child and Adolescent Psychotherapist and Head of Young People's Service, Open Door Young People's Consultation Service, Haringey, London.

# Reservation Form



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### Personal Details: (Please write clearly)

Title: ..... Name: .....

Occupation: .....

Organisation: .....

Address for correspondence: .....

.....

Postcode: .....

Telephone: ..... Email address: (Required) .....

I enclose a cheque for £35 (made payable to Leeds Partnerships NHS Foundation Trust)

Please invoice my organisation for £35

Contact Name and Address for Invoice: .....

.....

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### This form should be returned to:

The Course Administrator, Northern School of Child and Adolescent Psychotherapy  
Unit 1, 34-36 Springwell Road, Leeds LS12 1AW

By Fax: 0113 2440966

For further information contact us:

By Telephone: 0113 3058750

By Email: [nscap@leedspft.nhs.uk](mailto:nscap@leedspft.nhs.uk)

## Postgraduate Certificate in Psychodynamic Approaches to Working with Adolescents (1 Year part-time in Leeds from September 2009)

I would like further information about NSCAP's one-year postgraduate course aimed at those working with adolescents across a range of settings.

Tick to confirm