



## WORKING THERAPEUTICALLY WITH YOUNG PEOPLE

A TRAINING PROGRAMME IN ADOLESCENT MENTAL HEALTH

This exciting new development for the north of England will provide an escalator of training opportunities for professionals working directly with adolescents and young people.

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

### **NEW FOR 2008 - FREE SHORT COURSE**

An initial three-day "Working Therapeutically with Young People" course that will deliver a range of skills and competencies for work with adolescents as well as supporting access to the rest of the training escalator.

**See inside for details and an application form.**

## WHO IS THE PROGRAMME FOR?

The programme is specifically designed for those whose main interest or workload consists of work with young people. It covers the adolescent developmental process from a broad psychoanalytic perspective as well as taking into account biological and social influences on development. The programme provides an introduction to the problems and disturbances of adolescence.

## WHAT DOES THE PROGRAMME OFFER?

- A distinctive, multidisciplinary training for professionals who will be equipped to work across the adolescent age range (13-25) and think across service boundaries.
- A good theoretical and practical foundation in the understanding and management of difficulties during adolescence. It expands the professional skills of people already involved in work with adolescents and in so doing, enhances their effectiveness in therapeutic work.
- An opportunity to develop specialist knowledge of adolescence and to enhance communication skills with this particular age group. It will be of benefit professionally to those seeking to specialise in working with adolescents.
- A forum for thinking about practice and improving therapeutic communication with young people.

*“Developing the skills of the children’s workforce through training is a central element in government thinking about the promotion of emotional well-being and early intervention where families and young people are experiencing mental health problems.”*

*“These introductory workshops aim to help professionals develop an increased awareness of the emotional factors which help and hinder the work process – leading to better recruitment and retention.”*

## WORKING THERAPEUTICALLY WITH YOUNG PEOPLE (3 DAYS)

This short course is designed as an introduction to psychoanalytic approaches to working with adolescents. It is intended for professionals working in a range of roles with adolescents, and is an effective learning opportunity in its own right as well as providing an access point to the PG Cert programme.

### THIS COURSE AIMS TO HELP MEMBERS:

- identify and learn more about the nature of the high levels of anxiety entailed in working with troubled young people
- develop an understanding of a psychoanalytic perspective on adolescent development
- help students to develop and make use of their understanding of unconscious processes at work in their encounters with adolescents
- deepen the capacity for observation and self-reflection in emotionally charged work settings
- explore the nature of institutional and group processes surrounding adolescents and those who work with them

### 3 DAY COURSE OUTLINE

Each of the three days will include presentations to the whole group from NSCAP staff and visiting lecturers from the Tavistock Clinic, as a way of introducing the theme and engaging the whole group in discussion about the topic.

Each group member will also be part of a small group led by a staff member throughout the course. The groups will meet at least once on each of the three days, and will be a forum in which direct work experience with young people can be discussed. The small group leaders work to help the group in making links between their individual concerns and the theme of the lecture or presentation as they emerge.

The course has been structured so that each day builds on the experience, material and relationships of the previous sessions. For this reason applicants need to be able to attend all three days of the course

## 3 DAY COURSE SCHEDULE

**Dates:** Saturday January 19th,  
Saturday February 2nd &  
Saturday February 16th 2008

**Time:** 10:45 to 4:15 with lunch provided  
**Venue:** NSCAP, 71-75 Clarendon Road, Leeds  
**Cost:** Free

The course is supported by workforce development funding from Yorkshire and the Humber Strategic Health Authority

**Eligibility:** Applicants must be working in a role that involves regular contact with adolescents though this may be in a wide range of public and voluntary sector settings.

**Format:** The learning will be delivered through an interesting mix of formats including presentations, small discussion and work groups, experiential events and use of film and literature. Additional reading materials and access to NSCAP's specialist library will be provided.

### Day Two – Theme: Groups, gangs, race and institutions

#### Morning

- **Presentation:** *Groups, culture and school life in adolescence: a psychoanalytic perspective.*
- **Small Group Work Session Three:** *Discussion enabling members to relate the presentation to specific group situations and individuals.*

#### Afternoon

- **Whole Group Exercise:** *A facilitated group learning experience relating to group processes in institutions*
- **Plenary Discussion**

### Day One – Theme: Defenses against anxiety in adolescence

#### Morning

- **Presentation:** *Introduction to the framework of psychoanalytic thinking and its application to work with adolescents and their families.*
- **Whole Group Discussion**
- **Small Group Work Session One:** *Introductions and focus on identifying relationships with particular young people which each group member would like to think about.*

#### Afternoon

- **Presentation:** *Understanding and responding to the emotional impact of working with adolescents.*
- **Whole Group Discussion**
- **Small Group Work Session Two:** *Focus on sample case material relating to issues of risk and its impact on the worker.*

### Day Three – Theme: Separation and the move into adulthood

#### Morning

- **Presentation:** *A psychoanalytic perspective on gaining independence and managing separation*
- **Small Group Work Session Four:** *Discussion of relationships with particular young people where separation and ending is a key theme.*

#### Afternoon

- **Whole Group exercise:** *Looking at sample material highlighting liaison with adult and inpatient services.*
- **Brief film followed by ending discussion/next steps.**

To apply for a place on this course please complete and return the attached form.

# A TRAINING SKILLS ESCALATOR

Each level of the training escalator offers something of value in itself while at the same time providing a stepping stone into professional mental health training for those who have the potential to benefit.

## “Working Therapeutically with Young People”

Step 1	<b>3 Day Course in Working Therapeutically with Young People</b>	3 Saturdays in early 2008
<ul style="list-style-type: none"> <li>• This can be a stand-alone course and is not a pre-requisite for application to the PG Cert.</li> </ul>		
Step 2	<b>1 Year Postgraduate Certificate course in Psychodynamic Approaches to Working with Adolescents</b>	Planned for September 2008
<ul style="list-style-type: none"> <li>• For those wanting further specialist training in adolescent mental health</li> <li>• PG Cert must be completed before progression to PG Dip/MA</li> </ul>		
Step 3a	<b>2 Year PG Dip/MA in Psychodynamic Approaches to Working with Adolescents</b>	Planned for September 2009

### Step 3b Other Options

#### 2 or 3 Year PG Dip/MA in Psychoanalytic Observational Studies

Develops observational skills within a psychoanalytic framework and applies this to the work setting.

Available in Leeds, Liverpool and Newcastle.

This is also the pre-clinical course for training in child and adolescent psychotherapy

**For information about this course contact:**  
0113 3434868  
nscap@leeds.ac.uk

#### 2 Year PG Dip/MA in The Foundations of Psychoanalytic Psychotherapy

For those whose career is more geared to work in adult services

Delivered in Leeds by the Leeds Partnerships NHS Foundation Trust with the Tavistock Clinic and University of Essex

**For information about this course contact:**  
020 8938 2314  
adultadmin@tavi-port.org

*“These courses extend the individual's capacity to understand and withstand the emotional demands of their work and to offer a better service to their clients.”*

# APPLICATION FORM

Copy this form for  
colleagues or to retain  
the information on  
the reverse

**Please post or fax this form to:**

The Course Administrator,  
Northern School of Child and Adolescent Psychotherapy,  
71-75 Clarendon Road,  
Leeds LS2 9PL.  
Fax (0113) 343 3934

Title \_\_\_\_\_ Name \_\_\_\_\_

Occupation/Profession \_\_\_\_\_

Current Employer \_\_\_\_\_

Educational Qualification \_\_\_\_\_

Professional Qualification/Registration \_\_\_\_\_

Address for correspondence \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Special Requirements \_\_\_\_\_

## **WORKING THERAPEUTICALLY WITH YOUNG PEOPLE (3 DAY COURSE)**

Please reserve me a place on the Working Therapeutically with Young People course taking place on January 19th, February 2nd, February 16th 2008.

Tick to confirm

**Applicants should be able to commit to attending all three dates.**

There is no fee for this course but a charge of £50 will be made for delegates who fail to attend without giving at least three working days notice of cancellation prior to the event.

## **POSTGRADUATE CERTIFICATE IN PSYCHODYNAMIC APPROACHES TO WORKING WITH ADOLESCENTS (1 YEAR PART-TIME)**

I would like further information about this course which is planned to start in September 2008.

Tick to confirm

## STAFF:

The Organising Tutors at the Tavistock Clinic are Domenico Di Ceglie and Alessandra Lemma

The Course Leader in Leeds is Lydia Hartland-Rowe, a Consultant Child and Adolescent Psychotherapist with Manchester and Salford CAMHS and Clinical Director of NSCAP. She previously worked for the Open Door Young People's Service in Haringey, and at the Tavistock Clinic.

The close link to the Tavistock Clinic, with its national and international reputation, offers the opportunity to be taught by leading practitioners in the field of adolescence. The teaching staff are all experienced clinicians with many years of expertise in working with young people.



## Feedback from the NSCAP workshop: *Adolescence and the risk of harm*

*"The best thing was a sense of sharing in the commonality of experience of the anxiety-making nature of work with disturbed adolescents."*

*"I most appreciated the space and time to reflect and the importance given to the impact of the work on the worker."*

*"The presentations were really excellent: clear, informative, thoughtful and challenging."*



## The programme is a joint venture between:

- Northern School of Child and Adolescent Psychotherapy
- Tavistock and Portman NHS Foundation Trust
- University of East London
- With support from NHS Yorkshire and the Humber

The Tavistock and Portman   
NHS Foundation Trust

  
University of  
East London

  
Yorkshire and the Humber

## Contact Details

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