

Courses in
**Psychoanalytic
Approaches:**

Personality Development
across the Life Cycle

Therapeutic Communication
Skills

Saturday seminars
and skills-based workshops

October 2019 – July 2020

Welcome

We are delighted to introduce for 2019-20 a suite of interrelating flexible courses that can be taken separately or connected together to fit in with particular areas of interest, continuing professional development and an exploration of psychoanalytic perspectives.

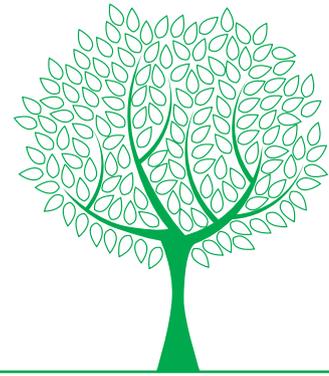
The centrality of unconscious emotional experience within developmental frameworks is at the heart of the learning. Culture and socio-political contexts are borne in mind. However a focus on the unique insights offered by opening up to unconscious mind-body experience and communications is the distinctive offer of these courses.

So consider taking one seminar or a journey across the life cycle. These well received courses attract a diversity of multi-disciplinary students with plenty of experience or a new interest which both reconnects to current understanding while opening up new horizons.



Dr Rajni Sharma
NSCAP Training Portfolio Lead
Consultant Child & Adolescent Psychotherapist

Summary of the Courses



Course 1 Personality Development across the Life Cycle

This well established series of Saturday Seminars tracks the development of the personality from before birth to old age, exploring the internal and external factors that combine to make us who we are.

Venue: Leeds

Course 2 Therapeutic Communication with Infants, Toddlers and their Parents

This course is a consecutive combination of seminars and skills based workshops. Following a successful first run in 2018 and now in its second year, this course continues to follow the same format as the highly successful Therapeutic Communication with Adolescents (TCA) programme (see below).

Course 3 Therapeutic Communication with Adolescents

This highly successful course is provided at 2 centres, Leeds and Manchester. It has two components; a Personality Development Seminar (which is part of the main PD series), followed by a two hour skills based workshop.

Venue: Leeds & Manchester

Certificates for CPD will be issued for all courses described in this prospectus. Full attendance is required.

‘Stimulating, thought provoking and challenging.
A very demanding and exciting learning experience.’

Course 1 Personality Development Across the Life Cycle – Psychoanalytic Approaches

Course Outline

Informed by psychoanalytic thinking, this course provides a detailed and in depth introduction to the key developmental factors and unconscious processes involved in the emotional life of the child and family from before birth through to old age. Participants are invited to think about the interplay of internal and external factors which underlie the development of personality.

Each seminar is led by an experienced psychoanalytic clinician and includes a variety of teaching methods: lecture, presentation, group discussion and small group work, using mediums such as poetry, children's literature and film to convey psychoanalytic concepts in an accessible way.

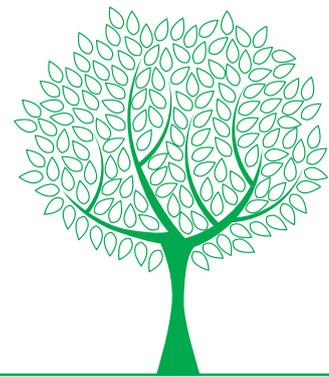
As the course highlights the impact on later development of earlier emotional experiences, the course will be most meaningful if the whole series is attended. Participants are also welcome to attend selected seminars.

Learning Outcomes

The identified learning outcomes include:

- Increased understanding of key developmental factors and unconscious processes
- Increased awareness of the interplay of internal and external factors that underlie personality development to inform work with children and families across the life-cycle and developmental stages
- Exploring the impact of earlier emotional experiences on later development throughout life
- Greater capacity to reflect on and understand oneself and others

“Inspiring on a professional but
also personal level”



Course Lead

Laura Liddell is a Child & Adolescent Psychotherapist and works for NSCAP Clinical Services. She works clinically with a range of children, adolescents and families and offers consultation and training to professionals in perinatal, early years and adolescent settings. She is a course tutor on the PG Dip/MA in Psychoanalytic Observational Studies.

Who should attend

This course is highly relevant for all professionals working with infants, children, adolescents and adults across a range of settings; ie education, social care, residential care, physical and mental health, third sector. It is also recommended for those who are interested in learning about how we become who we are.

Cost

Full series of ten seminars: £419 Individual seminars: £47

Dates**2019**

1. **5 Oct** - Pregnancy and birth: where does personality begin?
2. **9 Nov** - Babyhood: becoming a person in the family
3. **7 Dec** - Young children: the family and the wider world

2020

4. **11 Jan** - Latency: going to school
 5. **8 Feb** - Puberty: anxieties about growing up
 6. **7 Mar** - Mid-adolescence: the search for identity
 7. **4 Apr** - Late adolescence: the transition to young adult life
 8. **2 May** - Adulthood: what does it mean to 'grow up'?
 9. **6 Jun** - Middle age: when are we middle aged?
 10. **4 Jul** - Older age: the beginning of the end?
-

Venue

NSCAP, Bevan House, 34-36 Springwell Road, Leeds, LS12 1AW

Course 2 Therapeutic Communication with Infants, Toddlers and their Parents – Psychoanalytic Approaches

Course Outline

This three day skills-based programme is informed by psychoanalytic and developmental research and clinical practice and has two components; three Personality Development (PD) Seminars on Pregnancy and Birth, Becoming a Baby in the Family and Toddlerhood. These are part of the main PD series.

Each of these is followed by a two hour workshop which aims to build participants' confidence in therapeutic communication in early years work with infants, toddlers and their parents. These workshops help participants to build an understanding of the ways in which the infant's personality is developing as a direct response to day to day interactions within the family environment.

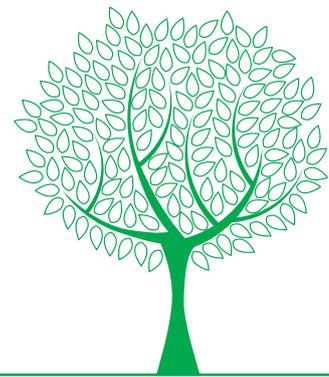
Participants are invited to explore the important, often hidden, function of anxiety in the process of all development; the centrality of containment in this process for the infant and parent will be investigated. Infants are active and responsive participants from birth and the workshops will explore the 'highs and lows' of this first relationship.

Learning Outcomes

The identified learning outcomes include:

- Increased awareness of how to observe emotional behaviour and consider the conscious and unconscious communication within it.
- A better understanding of how to contain disturbing mental states on behalf of the infant and/or parent.
- Developed capacity to communicate curiosity and understanding in a therapeutic way.

'Attachment is not a person,
a place or a thing but a jointly
created state of mind where there
is congruence between what is
needed and what is provided'
Sorensen (1997)



**Course Leader/
Programme Facilitator:**

Sumi Cannon was Development Lead at NSCAP for Early Years and Parenting for nine years, and co-ordinator of the Infant Mental Health course. Prior to this she worked extensively in Child and Adolescent services. She is a tutor on the Psychoanalytic Observational Studies PG Dip/MA at NSCAP.

Who should attend

Although these workshops are ostensibly concerned with the earliest weeks and years of life, they are appropriate for any practitioner working with children, adolescents and adults. They are aimed at those new to applying psychoanalytic ideas to infancy and parenthood. States of acute emotional dependency persist throughout our lives, most particularly in times of stress, anxiety or trauma. Recognizing these states in adults and older children is invaluable in informing our responses to them.

Cost £222

Dates 2019

1. 5 Oct
Life stage: Pregnancy and birth
Seminar: Where does personality begin?
Workshop: Who am I? Who are you? Who are we?
 2. 9 Nov
Life stage: Babyhood
Seminar: Becoming a person in the family
Workshop: Not an angel, not an alien but 'other'
 3. 7 Dec
Life stage: Young children
Seminar: The family and the wider world
Workshop: Love, loss and leaving home
-

Venue NSCAP, Bevan House, 34-36 Springwell Road, Leeds, LS12 1AW

Course 3 Therapeutic Communication with Adolescents – Psychoanalytic Approaches

Course Outline

This three day skills-based programme is informed by psychoanalytic and developmental research and clinical practice. The course provides knowledge and skills to help practitioners from a diverse range of backgrounds and services to work more effectively with young people. It will provide information to support understanding of the differing needs of young people, and how to work with them, across the stages of adolescent development.

The focus of the course is on active-containment and on behaviour as communication. Understanding the meaning and manifestations of anxiety is central to this process, both as necessarily developmental and when more of an obstacle to growth and to the use of helping relationships.

The course has two components; three Personality Development (PD) Seminars on puberty, adolescence and late adolescence. These are part of the main PD series.

Each of these is followed by a two hour workshop which builds participants' skills in therapeutic communications.

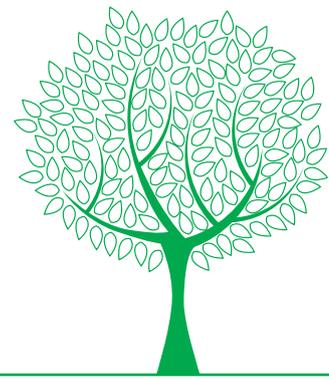
The interplay of internal and external factors in the young person's development is considered with a focus on aiming to re-establish thinking and meaning at a time of life when this might be avoided, especially at times of stress and distress.

In understanding common adolescent difficulties in normal development, this course will introduce a practical psychoanalytic, developmental approach to engaging with adolescents in multiple settings. Skills are demonstrated and practiced to enable participants to use psychoanalytically informed active-containment alongside existing skills.

Learning Outcomes

The identified learning outcomes include:

- Enhanced professional practice and therapeutic communication with young people in a wide range of settings.
- A better understanding of the ubiquitous and often hidden nature of anxiety and mourning in adolescence.
- Developed skills to work with emotional triggers and adolescent behaviours for coping with these.



**Course Leader/
Programme Facilitator:**

Jason B. Kaushal is a Child and Adolescent Psychoanalytic Psychotherapist with extensive experience of working with adolescents and young adults. He is the NSCAP lead for adolescent mental health and provides teaching and specialist clinical services, consultation and supervision to a wide range of agencies and professionals in the region.

Who should attend

These skills based workshops are aimed at those new to applying psychoanalytic ideas to adolescence and are appropriate for anyone working with adolescents, including:

- residential care professionals
 - social workers
 - teachers, teaching assistants and learning mentors
 - youth justice, probation and community youth workers
 - counsellors
 - child and adolescent mental health professionals
 - clinical and educational psychologists
-

Cost £222

Dates 2020

	Leeds	Manchester
5.	8 Feb Life stage: Puberty Seminar: Anxieties about growing up Workshop: Change and Anxiety	1 Feb Life stage: Puberty Seminar: Anxieties about growing up Workshop: Change and Anxiety
6.	7 Mar Life stage: Mid-adolescence Seminar: The search for identity Workshop: Risks and groups	14 Mar Life stage: Mid-adolescence Seminar: The search for identity Workshop: Risks and groups
7.	4 Apr Life stage: Late-adolescence Seminar: The transition to young adult life Workshop: Leaving and mourning	18 Apr Life stage: Late-adolescence Seminar: The transition to young adult life Workshop: Leaving and mourning

Venues

NSCAP, Bevan House, 34-36 Springwell Road, Leeds, LS12 1AW
or
St Thomas Centre, Ardwick Green, Manchester, M12 6FZ

Dates & Times

Three Courses delivered through a series of
Personality Development Seminars and
Therapeutic Communication Skills Workshops

Leeds			
2019	Life Stage	Seminars	Workshops
5 Oct	1. Pregnancy and birth	Where does personality begin?	Who am I? Who are you? Who are we?
9 Nov	2. Babyhood	Becoming a person in the family	Not an angel, not an alien but 'other'
7 Dec	3. Young children	The family and the wider world	Love, loss and leaving home
Leeds			
2020			
11 Jan	4. Latency	Going to school	–
8 Feb	5. Puberty	Anxieties about growing up	Change and anxiety
7 Mar	6. Mid-adolescence	The search for identity	Risks and groups
4 Apr	7. Late adolescence	The transition to young adult life	Leaving and mourning
2 May	8. Adulthood	What does it mean to 'grow up'?	–
6 Jun	9. Middle age	When are we middle aged?	–
4 Jul	10. Older age	The beginning of the end?	–
Manchester			
2020			
1 Feb	5. Puberty	Anxieties about growing up	Change and anxiety
14 Mar	6. Adolescence	The search for identity	Risks and groups
18 Apr	7. Late adolescence	The transition to young adult life	Leaving and mourning

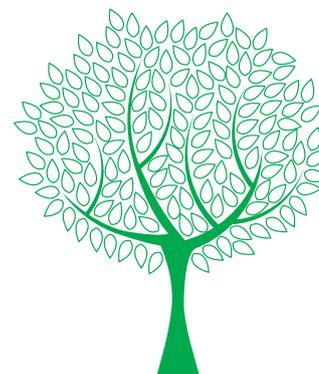
Times

All Seminars: 11.00am – 2.15pm

All Workshops: 2.30pm – 4.30pm

Lunch provided

How to book



Applying for the course/s

Complete and return the attached application form, including Seminar and Workshop options, to:

Miriam Maganga - Business and Training Support Officer
NSCAP Bevan House, 34-36 Springwell Road, Leeds LS12 1AW

Email: mmaganga@nhs.net

Telephone: 0113 855 8750 Fax: 0113 244 0966

For more information about the courses, please contact
Miriam Maganga - Business and Training Support Officer

Cancellation charges

All cancellations are subject to an administration charge of 10% of the course fee.

Cancellations made less than 2 weeks in advance of first day are subject to 100% charge.

Terms & Conditions

1.0 Payment Methods

- 1.1 Payment must be made in advance of the course start date. We prefer to receive payment by cheque and ask that you submit payment along with your application form. Please make a cheque payable to Leeds and York Partnership NHS Foundation Trust.
- 1.2 If your organisation has agreed to fund your place on the course, please provide invoicing details: name, job title, organisation, address and telephone number, and order number if required.
- 1.3 Please contact the Course Administrator on 0113 855 8750 with any queries about payment.
- 1.4 Places cannot be confirmed until receipt of payment.

2.0 Availability

- 2.1 Please note that any courses may be limited in capacity, and will be allocated on a first-come, first-served basis. No guarantees can be made regarding the availability of spaces on any of our seminars prior to receipt of payment.

3.0 Confirmation of Reservations

- 3.1 All reservations will be confirmed in writing with details of programme times and venue information provided.
- 3.2 Please ensure you provide an up-to-date email address as any details of final changes to the course will be emailed to your account. Please therefore remember to check your email account prior to the start of the course to ensure you are informed of such changes.

4.0 Reservation & Cancellation Policy

- 4.1 All cancellations are subject to an administration charge of 10% of the course fee.
- 4.2 Cancellations made less than 2 weeks in advance of first day are subject to 100% charge.

5.0 Further Information

- 5.1 For further information about all our future events and activities, visit www.nscap.org.uk, email nscap.lypft@nhs.net or call 0113 855 8750.

Application Form

Personal details

Title: Name:

Occupation:

Email address:

Address for correspondence:

.....

Postcode:

Telephone:

Any special requirements:

Organisation details for invoicing (if applicable)

NB: Organisation contact details MUST be correct for invoicing,
ie NOT your place of work.

Name:

Job title:

Organisation:

Address:

.....

..... Postcode:

Telephone: (if required)

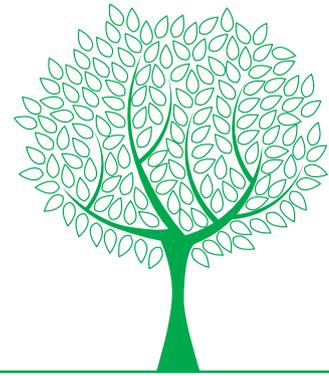
Purchase Order No:

Agreement from Manager:

Payment & Invoice details

- Please invoice me/my organisation for £
- I enclose a cheque (made payable to
Leeds and York Partnerships NHS Foundation Trust) for £
- I would like to pay by bank transfer
(payment details to be confirmed in acceptance letter)

Seminar & workshop options



You may wish to book individual courses or seminars (Options A & B) or a combination of courses and seminars (Option C).

Please see options available on this page and overleaf.

All courses are delivered in Leeds except where stated.

Option A:

Course 1

- 10 Personality Development across the Life Cycle Seminars - £419**

OR

Individual Personality Development Seminars (please tick)

- | | |
|---|-----|
| <input type="checkbox"/> Seminar 1 - Pregnancy and birth:
where does personality begin? | £47 |
| <input type="checkbox"/> Seminar 2 - Babyhood:
becoming a person in the family | £47 |
| <input type="checkbox"/> Seminar 3 - Young children:
the family and the wider world | £47 |
| <input type="checkbox"/> Seminar 4 - Latency:
going to school | £47 |
| <input type="checkbox"/> Seminar 5 - Puberty:
anxieties about growing up | £47 |
| <input type="checkbox"/> Seminar 6 - Mid-adolescence:
the search for identity | £47 |
| <input type="checkbox"/> Seminar 7 - Late adolescence:
the transition to young adult life | £47 |
| <input type="checkbox"/> Seminar 8 - Adulthood:
what does it mean to 'grow up'? | £47 |
| <input type="checkbox"/> Seminar 9 - Middle age:
when are we middle aged? | £47 |
| <input type="checkbox"/> Seminar 10 - Older age:
the beginning of the end? | £47 |

Total: £

Note: Individual Personality Development Seminars may also be booked alongside Options B & C, see over page.

Seminar & workshop options

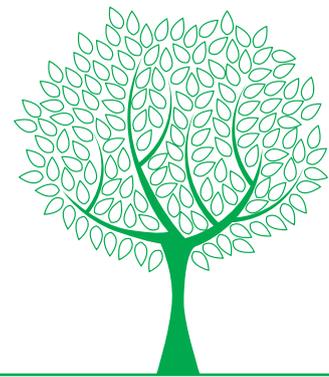
Option B:

- Course 2
 - Therapeutic Communication with Infants, Toddlers and their Parents Seminar and Workshop £222
 - OR
 - Course 3
 - Therapeutic Communication with Adolescents Seminar and workshop **Venue:** Leeds £222
 - Therapeutic Communication with Adolescents Seminar and workshop **Venue:** Manchester £222
-

Option C: Combination of courses

- Courses 1 + 2
- Personality Development across the Life Cycle Seminars
- Therapeutic Communication with Infants, Toddlers and their Parents Workshops £499
- OR
- Courses 1 + 3
- Personality Development across the Life Cycle Seminars
- Therapeutic Communication with Adolescents Workshops **Venue:** Leeds £499
- OR
- Courses 1 + 2 + 3
- Personality Development across the Life Cycle Seminars
- Therapeutic Communication with Infants, Toddlers and their Parents Workshops
- Therapeutic Communication with Adolescents Workshops **Venue:** Leeds £579

Please note, Course 3 may only be booked in combination with other courses when it is delivered from Leeds.



Option D:

- Course + Individual Personality Development Seminars**

Please tick the course from Option B (£222) and the individual Seminars from Option A and enter the total here:

£

Keeping in Contact

Your personal information will be held on our database and used to process your application.

NSCAP would like to keep you informed of other events and activities that we feel are relevant to you. If you are happy for us to do this, please tick this box.

If you do not want to be contacted about other events and activities, please tick this box.

Return application form to

Complete and return the application form, including Seminar and Workshop options, to:

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