



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

Delivered by Tim Woodhouse

£320 (Current SPTI Members)  
£350 (Non-SPTI members)

A five-day programme delivered over two workshops

Fri 17<sup>th</sup>, Sat 18<sup>th</sup> and Sun 19<sup>th</sup> April

Sat 23<sup>rd</sup> and Sun 24<sup>th</sup> May 2020

Location: 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.

During 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 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.



## SPTI: Continuing Professional Development Programme







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Working with young people presents legal and ethical considerations which 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 notetaking and the wider legal system.

Finally, work with young people inevitably includes 'others' – parents, teachers, agency representatives, for example. 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

- 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



## SPTI: Continuing Professional Development Programme

### About the trainer: **Tim Woodhouse**

Tim has worked with children and families since 1984 and specifically in the field of sexual harm (sexual abuse, sexual assault, rape, children who sexually harm children and child sexual exploitation) since 1996. He is an advanced and certified Sensorimotor Psychotherapist, Enactive trauma therapist, registered Non-directive Play therapist, Filial therapist, EMDR Practitioner, Jungian and Integrative sand play therapist, an ABE approved Social Worker and is currently studying Internal Family Systems Therapy. He worked on the NSPCC child sexual abuse consultancy for 16 years where he co-founded the Hilton House attachment project and the St. Mary's children's sexual assault referral centre in Manchester, was an investigator on the Waterhouse inquiry and vice chair of BAPT. He was principle tutor on the Liverpool Hope MA course in play therapy and is a visiting lecturer to Manchester Universities 2<sup>nd</sup> and 3<sup>rd</sup> Year MA social work programme. He is the Director of Tiptoes Child Therapy Service, a provision for children and families affected by sexual harm and developmental trauma launched in 2010. He is a published author, keynote speaker, consultant, trainer, clinical supervisor, provider of clinical governance and has been a governmental advisor on a number of research programmes.





SPTI: Continuing Professional Development Programme

**Counselling and Young People**

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## The Sherwood Psychotherapy Training Institute

### SPTI: Continuing Professional Development Programme

**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)	
<input type="checkbox"/> I enclose a Cheque	<input type="checkbox"/>	<input type="checkbox"/> I made a bank transfer (BACS)	<input type="checkbox"/> Please invoice my employer

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