

Understanding and Working with Adolescents

- turbulence, trauma, change and challenge -



13 January to 24 March 2010

4.30 pm – 7.30pm

SIHR

The Scottish Institute of Human Relations

- understanding people -

Understanding and Working with Adolescents

- turbulence, trauma, change and challenge -

Overview

This established course is designed to provide ways of thinking about the adolescent phase of the life cycle in order to facilitate direct work with young people. Psychoanalytic theory is used to throw light on the complex adjustments to physical and social changes which constitute the major tasks of adolescence. The course focuses on gaining understanding of the dilemmas which confront all young people. These can create great strains for some individuals and result in developmental delays, problematic behaviours and sometimes serious mental illness.

Accreditation

The course has been accredited by the University of Strathclyde for 15 credit points towards the MSc/Diploma in Therapeutic Skills with Children and Young People.

Course Content

The length of the course is 10 weeks, divided into two, five week sections. Each seminar is 3 hours long, divided into a reading seminar and work discussion seminar. Those following the accreditation route will be required to submit a 3000 word essay. Participants are expected to set aside individual time for reading and preparation of work material for seminars and independent study.

Seminar Leaders

Mrs Jill Prentice, Senior Psychoanalytical Psychotherapist, Supervisor and Trainer, Scottish Institute of Human Relations and Borders.

Mrs Susan Maciver, School Counsellor, James Gillespie's High School in Edinburgh, Supervisor, Trainer, Senior Adult Psychodynamic Counsellor, Child and Adolescent Counsellor, Scottish Institute of Human Relations.

Aims and Objectives

1. To understand more about the mental processes which operate during adolescence. understanding the emotional impact of working with young people,
2. To increase understanding about the adolescent task of separation and individuation.
3. To help develop skills in understanding the communication of adolescents.
4. To develop skills in understanding the emotional impact of working with young people, and to use this to help formulate treatment programmes and appropriate support for them.
5. To reflect on one's work with adolescents in terms of roles within an organisation and agency.
6. To develop an understanding of psychodynamic theories and their application to work with young people.
7. To develop skills in assessing, reviewing and evaluating work with young people and their families.

Learning Outcomes

On completion of this course participants will have developed an understanding

- of a psychodynamic model of adolescence
- of emotional and personality development at this stage
- of collaborative working with other professionals

In addition they will be able

- to observe and reflect on the interactions between self and others
- to understand the impact of factors such as setting, task, boundaries
- to differentiate between normal and more problematic adolescent states of mind
- to decide which interventions are appropriate

Membership

The course is aimed at professionals in a variety of settings (voluntary and statutory) who have substantial experience of working with young people and are interested to deepen their understanding of conscious and unconscious process. These may include doctors, social workers, nurses, teachers, counsellors and children's reporters. Some knowledge of psychodynamic ideas is helpful but is not essential.

Costs

The course cost is £650.00. Applicants will be invoiced for the full course fee upon acceptance of application. In the event of cancellation prior to the start date a £50 administration charge will be levied. Please note that course fee invoices will be sent out with acceptance of applications/offer of place letters with payment due no later than the mid point of the course.

For accreditation with Strathclyde University an additional charge will be made.

Venue, Dates and Times

SIHR, 172 Leith Walk, Edinburgh EH6 5EA
10 Wednesdays from 13 January – 24 March 2010 (no class 17 February 2010)
4.30 pm to 7.30pm.

Applications

Completed application forms should be returned by **1 December 2009** to:

Jill Prentice
Understanding and Working with Adolescents Course
SIHR, 172 Leith Walk, Edinburgh EH6 5EA

Course Members will be limited to 14 participants.

APPLICATION FORM

UNDERSTANDING AND WORKING WITH ADOLESCENTS - starting 13 January 2010

NAME	
ADDRESS	
Email	
Contact Tel. Numbers	

Current Job Title and Work Experience

Previous work and training experience (and relevant qualifications)

Reasons for Applying for this Course

Name, address and telephone number of work colleague / manager who will support your application.

Invoicing Details (if different from overleaf):

NAME	
ORGANISATION / ADDRESS	
Purchase Order Number [if required]	
Tel. No.	

Please note that course fee invoices will be sent out with acceptance of applications/offer of place letters with payment due no later than the mid point of the course.

Applicant Signature:

Date:

This form should be returned by 1 December 2009 to:

**Jill Prentice
Understanding and Working with Adolescents Course
SIHR
172 Leith Walk
Edinburgh EH6 5EA**

I do not want to receive information about any other SIHR courses, trainings, events, or services.

Personal information will be held and processed by SIHR according to the Data Protection Act (1998). This information will be used by SIHR to administer and manage the course or service.

Course Outline

1. Setting adolescence in context
[13 January 2010]
2. The inner world and its roots in infancy
[20 January 2010]
3. Psychoanalytical concepts and some applications
[27 January 2010]
4. Oedipal issues relating to the family context: difficulties in growing up
[3 February 2010]
5. Exploring psychotherapeutic approaches to work with adolescents
[10 February 2010]

NO CLASS – 17 February 2010

6. Looked after children
[24 February 2010]
7. Disturbances of adolescence; depression and self harm
[3 March 2010]
8. Disturbances of adolescence 2; eating disorder, sexual, physical and emotional abuse
[10 March 2010]
9. Delinquency in adolescence
[17 March 2010]
10. Organisations and their impact upon adolescents, workers and carers
[24 March 2010]



The Scottish Institute of Human Relations
- *understanding people* -



Founded as an education trust in 1971, The Scottish Institute of Human Relations (SIHR) is a national resource that provides educational programmes and services. A national charity, it has premises in Edinburgh and Glasgow, with a wide network of practitioners and members.

Why choose SIHR?

Understanding human relationships is central to emotional health and well-being, but sustaining and applying that understanding in the work of promoting mental health or social well-being is very demanding. SIHR, in its role as an educational charity, develops and delivers courses and services for people who respond to such demands in their professional lives.

Our courses and services translate psychoanalytic, psychodynamic and systemic ideas into practical tools for professionals in the health service, voluntary and faith organisations, and education and social services.

The Scottish Institute of Human Relations

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