

Understanding and Working with Adolescents

- turbulence, trauma, change and challenge -



2 October 2008 – 11 December 2008

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 is in the process of being accredited by the University of Strathclyde for 15 credit points. Participants on the course will be eligible to use the credit points towards other University qualifications.

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.

*Previous applicants should note the option of the accreditation route.

Seminar Leaders

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

Mrs Susan Maciver, School Counsellor, James Gillespie's High School in Edinburgh, Supervisor, Lead 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.
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 a additional charge will be made.

Venue, Dates and Times

SIHR, 172 Leith Walk, Edinburgh EH6 5EA

10 Thursdays from 2 October – 11 December 2008 (no class 23 October 2008), 4.30pm to 7.30pm

Applications

Completed application forms should be returned by **11 September 2008** and submitted to:

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

Course Members will be limited to 18 participants.

APPLICATION FORM

UNDERSTANDING AND WORKING WITH ADOLESCENTS - starting 2 October 2008

NAME	
ADDRESS	
Email	
Contact Tel. No.	

Current Work Experience

Previous work and training experience (and relevant qualifications)

Reasons for Applying for this Course

Name, address and telephone number of work referee who will support your application.

Invoicing Details (if different from overleaf):

NAME	
ADDRESS	
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 11 September 2008 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.

The Scottish Institute of Human Relations' Social Work Initiative is aimed at increasing the availability of psychodynamic and systemic learning for those connected with social work. In order to help us monitor this please fill in the following information if it applies to you.

Do you have a professional social work qualification? Please specify

Are you employed in a social work post? Please specify

Does your work involve contributing to social work from another discipline? Yes/No

Would you be happy to be contacted about these issues in future? Yes / No
(Name and Contact details if yes)

Course Outline

1. Setting adolescence in context (2 October 2008)
2. The inner world and its roots in infancy (9 October 2009)
3. Psychoanalytical concepts and some applications (16 October 2008)

Break – 23 October 2008

4. Oedipal issues relating to the family context: difficulties in growing up (30 October 2008)
5. Exploring psychotherapeutic approaches to work with adolescents (6 November 2008)
6. Looked after children (13 November 2008)
7. Working with parents and families (20 November 2008)
8. Disturbances of adolescence; depression, self harm (27 November 2008)
9. Delinquency in adolescence (4 December 2008)
10. Discovering organisations; their impact on practitioners and adolescents (11 December 2008)

COMPLEMENTARY EVENT

My Group, My Gang and Me – exploring the relevance of psychoanalytic ideas to group work with adolescents

A one-day intensive workshops on Wednesday 1 October 2008, 9.30am-4.30pm, SIHR Edinburgh, £140 (SIHR members/students and volume bookings £130)



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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