



SPTI: Continuing Professional Development Programme



**Counselling Young People**

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

Delivered by **Tim Woodhouse**

A five-day programme over two workshops

**29th, 30th September, 1st October 2023**

**and**

**21st and 22nd October 2023**

Location: **2 Castle Quay, Castle Boulevard, Nottingham,  
NG7 1FW**



## SPTI: Continuing Professional Development Programme

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.

On 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 also 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.

Working with young people presents legal and ethical considerations that 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 note-taking and the wider legal system.







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



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### **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:**

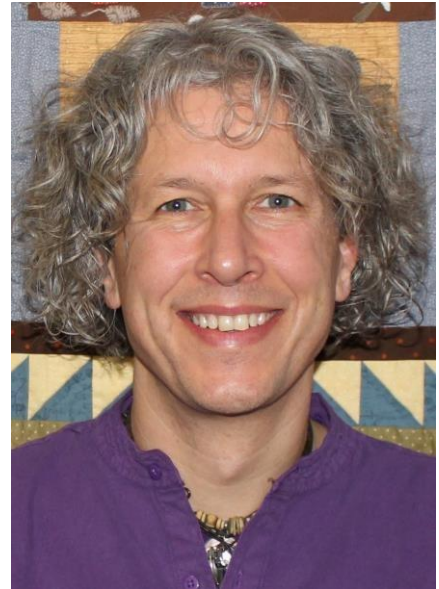
- Current BACP or UKCP Student Members (**who have successfully completed all elements of year 1 of their respective training courses at level 4 or above**)
- Graduates who have completed a BACP or UKCP diploma level counselling / psychotherapy qualification or equivalent, designed for working with adults



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**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 sandplay 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.





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**Your Personal Information**

We respect your privacy and are committed to protecting your personal data. Our privacy notice is available on our website at <http://spti.net/institute/privacynotice.shtml>. Our privacy notice informs you how we look after your personal data when you ask us to send you information, when you apply to join us, when you use our website, while you are a current student and after you leave us and become one of our graduate members. Our privacy notice also tells you about your privacy rights and how the law protects you. Please make sure you take the time to read and understand our privacy notice.

Name	
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**SPTI: Continuing Professional Development Programme**

Address			
Postcode		Date of Birth	
Where did you hear about us			
Telephone		Mobile	
Email Address			
Any access requirements			
Relevant Education / Training			

**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 ) your fee rate and method of Payment



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<b>SPTI Student / Graduate / Member</b> (Current Student or valid/paid SPTI Membership)		<b>Non-member (External / Lapsed members)</b>	
<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

**Communication and Marketing**

We may send you marketing information about future SPTI courses, programmes and events. These may be similar or related to those on to which you are enrolling pursuant to this application and will be sent via email. For example, this may include dates for similar or future courses or information regarding other training and progression opportunities.

If you agree to be contacted in this way, please tick the relevant box:

I agree to be contacted by Email

By signing below, I confirm that I have read and understood the SPTI privacy notice

<http://spti.net/institute/privacynotice.shtml>

<b>Signed:</b>	<b>Date:</b>
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The schedule for the days will be:

- 9.30 – 11.00am: Check in and processing
- (11.00 – 11.30am: Break)
- 11.30 – 1.00pm: Teaching
- (1.00 – 2.15pm: Lunch)
- 2.15 – 3.30pm: Practicing
- (3.30 – 4.00pm: Break)
- 4.00 – 5.00pm: Group activity
- 5.00 – 5.30pm: Journaling and check out

The venue for all 5 days of the training will be: **2 Castle Quay, Castle Boulevard, Nottingham, NG7 1FW**. I attach some information about ways to travel and parking.

This training is face to face and experiential and will involve elements of art therapy and sand trays.

Please wear comfortable clothing that you don't mind getting a little messy.



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A student break room will be available to you plus a kitchen.

Please do not attend if you feel unwell/ have symptoms of Covid.

### Things to bring with you:

Art supplies will be provided on the days but please do bring some paper or a notebook and pens to use as a journal for writing and reflection throughout the training.

**Please also select and bring an object with you that reminds you of your own childhood.** This would be something you would feel comfortable reflecting on and sharing about during the first workshop.

Tim would also appreciate if you could bring **two magazines** of any kind for use by the group for collaging activities.

### Optional pre-work:

In advance of the workshop here is a pre-work activity. Please note that it is optional. We will not be working with it directly on the workshop. If you do the activity, however, and anything arises for you as a result, please do bring that with you and we will find a way to include it in our work. We hope you find this activity interesting and useful.

A self-assessment questionnaire: It is for your own benefit only, literally a self-assessment. If you choose to complete it, you will have an opportunity to think about the various skills the BACP has identified as being useful for working with young people. It will give you an indication of the relevant skills you already possess, and a way to focus your attention both on leveraging those relative strengths and also addressing any identified areas of weakness. It will also be useful as a way of measuring your learning on the workshop.

For further information, please contact Collette Colver at [collette.colver@spti.net](mailto:collette.colver@spti.net) or James Adair at [james.adair@spti.net](mailto:james.adair@spti.net)