



Blackfort

Adolescent Gestalt Institute

TRAINING WORKSHOP

One-Day Training Workshop

Supervising The Adolescent Therapist

This training workshop is open to those offering supervision to counsellors/ psychotherapists working with adolescent clients. The course will address the principal therapeutic considerations specific to working with this age group including how the adolescent's developmental limitations and evolving capacity for contact shapes the therapeutic field. We will also examine transference issues specific to adolescent process, together with the dynamics which emerge through parental involvement in the work.

In addition, case management dilemmas will be identified and explored including assessment, multi-disciplinary contact, child protection, legal and ethical issues pertaining to the work. Learning style will include didactic input, experiential component, demonstration and practicum work.

About The Presenter:

Bronagh Starrs BA Dip

Psychotherapy MIAHIP

Founder & Director of Blackfort Adolescent Gestalt Institute and principal faculty for the Post-Qualifying Diploma in Gestalt Adolescent Psychotherapy, in Dublin Counselling and Therapy Centre. She maintains a private practice in Omagh, Northern Ireland, as a psychotherapist, clinical supervisor, writer and trainer, specialising in working with adolescents. Bronagh is an adolescent development specialist and has considerable experience teaching and presenting throughout Ireland and internationally on the developmental implication of trauma on the adolescent journey. She has authored numerous articles and chapters on the subject. Her new book on adolescent psychotherapy will be published next year.

Dates: 9th June 2017

Time: 10am – 5pm

Venue: Dublin Counselling
& Therapy Centre,
41 Upper Gardiner St,
Dublin 1

Fee: €120

**For information and booking
please email Bronagh:
bronaghstarrs@gmail.com**



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Adolescent Gestalt Institute

TRAINING WORKSHOP

Three Day Training Workshop

Therapeutic Intervention with Adolescents – A Relational Approach

The practitioner's art is not an art of technique; it is an art born of authenticity, openness to the present moment and creative improvisation. Therapeutic moments don't "just happen", particularly with adolescent clients. And they most certainly are not the product of a formulaic application of technique. The therapeutic moment grows out of the structured ground of the therapy. This structured ground has at least two critical dimensions: the relational (i.e. the fostering of supportive connections) and the strategic (i.e. assessment of developmental status & formulation of praxis strategy for promoting new development). During this 3-day intensive training programme, we will attend to both the relational and the strategic grounds of adolescent psychotherapy.

This training programme introduces topics such as:

- A Theoretical Framework for Adolescent Development
- Relational Assessment
- Development of the Therapeutic Alliance with the Adolescent & his/her Parents
- Self-Symbolism & Creativity: Gaining Access to the Adolescent's Phenomenological Experience
- The Impact of Shame on the Adolescent Journey

The training workshop will focus on developing a richer understanding of adolescent process, and in particular, participants will develop a deeper appreciation of the essential developmental impulse underlying even the most self-destructive and inappropriate behaviours exhibited by young people – which understandably cause concern and create complex dilemmas for helping professionals.

Clinical Application will broadly explore:

- Anxiety, Depression, Self-Harm, Suicide
- Separation & Complex Family Configurations
- Working with Traumatized Adolescents
- Adolescent Sexuality & Sexual Identity
- The Adolescent's Relationship to the Body & Food

About The Presenter:

**Bronagh Starrs BA Dip
Psychotherapy MIAHIP**

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Dates: 5th - 7th May 2017

Time: 10am – 5pm

Venue: Dublin Counselling
& Therapy Centre,
41 Upper Gardiner St,
Dublin 1

Fee: €340

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please email Bronagh:
bronaghstarrs@gmail.com**



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Adolescent Gestalt Institute

TRAINING WORKSHOP

Two Day Training Workshop

Anxiety, School Refusal, Depression & Self-Harm in Adolescence

This workshop will explore a Gestalt approach to working with adolescents whose presenting symptom issues include anxiety in all its forms, depression & self-harming behaviours. We will examine the symptom structure of these presentations and the transference issues which emerge in the work. Participants will appreciate how under-supported developmental process, transitional insecurity, the presence of trauma and wider environmental influences often shape the adolescent's lifespace, giving rise to psychological, physiological and relational dysregulation which manifests in these symptoms.

Gestalt adolescent psychotherapy is not defined by treatment protocol and technique, but rather by the cultivation of meaningful therapeutic contact with the adolescent. During this training workshop we will broadly address the therapeutic, ethical, legal and child protection issues which arise in the work with young people who are struggling with these presentations.

About The Presenter:

**Bronagh Starrs BA Dip
Psychotherapy MIAHIP**

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Dates: 10th & 11th June 2017

Time: 10am – 5pm

**Venue: Dublin Counselling
& Therapy Centre,
41 Upper Gardiner St,
Dublin 1**

Fee: €240

**For information and booking
please email Bronagh:
bronaghstarrs@gmail.com**