



# Blackfort

Adolescent Gestalt Institute

## TRAINING WORKSHOP

Two Day Training Workshop

### Parental Involvement in Adolescent Psychotherapy

Frequently, the adolescent's presenting issues are entangled in family process and subsequently, participation of parenting adults in therapeutic work is crucial for developmental progression. A sizeable percentage of adolescents who are referred for psychotherapy have experienced trauma. The therapist examines the presence of trauma from the adolescent's phenomenological perspective, specifically focusing on the implications of parental influence on the adolescent as he attempts to lay claim to his life. Understanding the quality of parental connection in these instances is essential as this will inform and underpin any therapeutic intervention. The therapist's intention is to harness parental care and concern for the adolescent in a developmentally appropriate manner by facilitating parents to become more attuned and receptive. The therapeutic approach in instances where the parent is creating the distress in the adolescent's life is considerably different, both for the parent and for the adolescent.

This training workshop will focus on relational interventions with parents, parent strategy work and intervening with hostile parents.

#### About The Presenter:

**Bronagh Starrs BA Dip  
Psychotherapy MIAHIP**

Bronagh Starrs is Founder & Director of Blackfort Adolescent Gestalt Institute and Programme Director for the MSc Adolescent Psychotherapy in Dublin Counselling & Therapy Centre in partnership with University of Northampton. She maintains a private practice in Omagh, Northern Ireland, as a psychotherapist, clinical supervisor, writer and trainer, specialising in working with adolescents, emerging adults and their families. Bronagh is an adolescent development specialist and has considerable experience as a trainer in adolescent development and therapy throughout Ireland. She also teaches and presents internationally on the developmental implication of trauma on the adolescent journey. As well as having had various articles and chapters published, she is the author of Adolescent Psychotherapy - A Radical Relational Approach (Routledge, London).

**Dates:** Saturday 2nd &  
Sunday 3rd March  
2019

**Time:** 10.00am - 4.00pm

**Venue:** Dublin Counselling &  
Therapy Centre

**Fee:** €240