



Blackfort

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**

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: 5th - 7th May 2017

Time: 10am – 5pm

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

Fee: €340

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