

Anxiety, Autism & Gender in Adolescence

We have reached almost epidemic proportions of teenagers crippled with anxiety, many who have been diagnosed with Autism Spectrum Disorder. These young people are struggling to attend school and navigate the social landscape. They exhibit all manner of anxiety symptoms including panic attacks, OCD, rigid eating and exercise patterns, overthinking and dreading the future. Gender diversity has also become a feature of contemporary adolescence for many and there has been a sharp rise in the number of adolescents whose experience of their gender journey is figural through the teenage years.

Helping professionals struggle with knowing how to effectively support adolescents whose presentation is often entrenched. Many parents are also at a loss and looking to the therapist for answers and strategies.

Join Bronagh Starrs, internationally renowned consultant adolescent psychotherapist, for this workshop for psychotherapists and counsellors. Participants will gain an in-depth understanding of the dynamics of these presentations in adolescence, illuminating the mindset of the inhibitive teenager. A trove of effective strategies for both the adolescent and parents will be presented.

Absolute Hotel, Limerick
12 & 13 October 2023

Zestlife Dundrum, Dublin
16 & 17 November 2023

Knock, Co. Mayo
02 & 03 October 2023

WORKSHOP FEE: €340
12 CPD POINTS AVAILABLE

If you would like to book a place on the training programme, please register your interest via email to Bronagh and forward payment via PayPal to confirm your place. You will require the email address bronaghstarrs@gmail.com to complete the transaction. Please get in touch directly if your organisation requires invoicing and an alternative payment method.

About The Presenter: Bronagh Starrs is Programme Director for the MSc Adolescent Psychotherapy in Dublin Counselling & Therapy Centre in partnership with University of Northampton and Founder & Director of Blackfort Adolescent Gestalt Institute. 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. Her first publication *Adolescent Psychotherapy - A Radical Relational Approach* (Routledge, London) was received international acclaim. Bronagh's second book *Adolescent Configuration Styles, Parenting and Psychotherapy – A Relational Perspective* is due for publication in December 2023.

