

Blackfort

Adolescent Gestalt Institute

174 Blackfort Rd, Omagh
Co. Tyrone, N. Ireland BT78 2HZ

Professional Certificate in Adolescent Studies

This certificate programme will offer participants an overview of the dynamics of development in adolescence, providing professionals with a range of relational skills, dialogic techniques and creative interventions to support young people as they navigate the adolescent years.

The programme is divided into three modules. Upon successful completion of all modules and all practical requirements, the following award will be granted:

Professional Certificate in Adolescent Studies awarded by **Blackfort Adolescent Gestalt Institute**

PROGRAMME LEARNING OUTCOMES

- Demonstrate understanding of the complex and dynamic developmental process in adolescence and emerging adulthood
- Develop capacity to establish contactful, supporting relationships with adolescents in order to create optimal developmental conditions
- Analyse and apply aspects of developmental understanding in professional settings with adolescents, identifying appropriate strategies and approaches
- Create successful professional relationships with adolescents and apply collaborative working skills which constructively engage the adolescent's meaning-making and problem-solving capacities
- Demonstrate a consistent and positive work ethic that indicates a preparedness to take appropriate risks, explore multiple options and create opportunities for self-development in an appropriate manner
- Produce appropriate informed decisions in the context of working with adolescents in a professional setting, adapting recognised approaches to professional dilemmas, justifying chosen solutions to address complex situations
- Through engagement with adolescents, demonstrate a clear set of positive personal ethics and their effective implementation
- Create opportunities for positive personal and social change and development, using creative thinking to maximise positive change in the lives of adolescents.

PROGRAMME STRUCTURE

The programme is structured with three modules running concurrently. Students are expected to complete all modules.

There is no assignment or examination component within the programme.

Module summary details are listed below:

- Adolescent & emerging adult development
- Meaning-making in adolescence
- Relational skills with adolescents

INTRODUCTION TO MODULES

Module 1: Adolescent & emerging adult development

This module will involve an exploration of the stages of adolescent development and the typical adult- world responses to these stages. Students will also understand the developmental impact of trauma in adolescence and how this influences both intrapsychic and interpersonal experience for the young person. Assessment skills will be developed and applied to professional settings.

Module 2: Meaning-making in adolescence

Students will explore the areas of shame and creative adjustment, and their influence on adolescent's emerging capacity to self-reflect and construct a meaningful sense of self. A range of skills will be presented which will develop and extend each student's repertoire of interventions to support the adolescent's expanding lifespace. Adolescent meaning-making will also be understood through the lens of neuroscience, as students develop appreciation of the implications of trauma on the adolescent's emerging sense of self.

Module 3: Relational skills with adolescents

Students will learn the art of establishing a developmentally attuned professional relationship, identifying appropriate relational competencies and interventions which support the adolescent's experience. A focus of this module will be the acquisition of skills to neutralise shame and reframe adversity in a manner which empowers the young person. A range of creative techniques such as SandSPACE will be presented and students will have the opportunity to apply theoretical understanding to professional situations.

DATES & TIME COMMITMENT

The Professional Certificate in Adolescent Studies comprises a total of 30 CPD hours. Lectures and workshops will take place over five training days, in an online format. The daily training schedule will be 10.00am - 4.00pm (GMT).

Tuesday 10 September 2024 (Online)

Wednesday 11 September 2024 (Online)

Wednesday 18 September 2024 (Online)

Thursday 19 September 2024 (Online)

Thursday 26 September 2024 (Online)

PROGRAMME FEES: €950

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. Alternatively you can make payment via Revolut with the tag [@bronagaxnl](#)

Please get in touch directly if your organisation requires invoicing and an alternative payment method.

All receipts and CPD certificates will be issued via email.

About the presenter:

Bronagh Starrs is an experienced psychotherapist, clinical supervisor, writer and trainer based in Omagh, Northern Ireland. She is Creator and Programme Director of the MSc Adolescent Psychotherapy in Dublin Counselling & Therapy Centre in partnership with University of Northampton. A recognised expert in the field of adolescent psychotherapy, Bronagh teaches and presents internationally on the developmental phenomena and therapeutic dynamics of contemporary adolescence.



Bronagh's first book *Adolescent Psychotherapy - A Radical Relational Approach* (Routledge, 2019) has received international acclaim. She has also authored various articles on the subject and has contributed to the collected volume, *Relational Child, Relational Brain* (Gestalt Press/Routledge, 2017). Her most recent publication is *Adolescent Configuration Styles, Parenting and Psychotherapy A Relational Perspective* (Routledge 2023).

About Blackfort Adolescent Gestalt Institute:

Blackfort Adolescent Gestalt Institute was established in Ireland in 2014. It is the first Gestalt Institute of its kind, wholly devoted to the support and study of adolescent and emerging adult process.

Here at the Institute, we are committed to:

- Gaining a deeper understanding of the developmental process for adolescents and emerging adults
- Exploring the dynamics of therapy with these age groups
- Establishing a professional learning community who hold passionate interest in supporting young people to have a life worth living

Blackfort Adolescent Gestalt Institute also offers a range of training programmes tailored to specific professional and organisational needs.