



**Dublin Counselling  
& Therapy Centre**

# **Professional Certificate in Adolescent Studies**



[www.dctc.ie](http://www.dctc.ie)



## Dublin Counselling & Therapy Centre

# About...

Dublin Counselling & Therapy Centre has been offering professional training in the field of counselling and psychotherapy since 1990 and continues to offer programmes to train suitable candidates who are seeking entry to the profession and programmes for qualified and accredited practitioners who wish to enhance their practice through further training in specialist areas. Degree programmes are offered through partnership with the University of Northampton.

In addition to being an established training school, DCTC also provides a professional counselling and psychotherapy service to support those who are experiencing personal, familial and social distress or difficulty. These services are aimed at promoting personal growth and well-being through attention to all aspects of the person's life – physical, emotional, social, psychological and spiritual.

DCTC is committed to making this service accessible to those who are economically marginalised and so offers a low-cost option so that those who have financial difficulty can avail of a service that is affordable for them.

The Centre is located in Dublin City Centre, fifteen minutes from Dublin Airport and is accessible using all public transport options – Dublin Bus, DART, Iarnród Eireann and LUAS.



---

# Professional Certificate in Adolescent Studies

September 2020 - June 2021

**Programme Director:**

Bronagh Starrs MIAHIP

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

**Telephone:** (01) 8788 236

**Email:** info@dctc.ie

## INTRODUCTION

This one-year certificate programme offers participants a comprehensive overview of the dynamics of development in adolescence, providing students with an extensive range of relational skills, dialogic techniques and creative interventions to support young people as they navigate the adolescent years. This programme is suitable for professionals who are interested in developing their competency in supporting this age group, such as youth workers, social workers, guidance counsellors, school chaplains, occupational therapists, mental health nurses etc.

## AWARD

The Professional Certificate in Adolescent Studies is a one-year part time study programme for professionals who wish to extend and deepen their understanding of the adolescent journey and develop an extensive repertoire of relational skills to support their work with this age group.

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 Dublin Counselling and Therapy Centre.**



## 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
- Articulate and evidence ability to engage meaningfully and confidently with adolescents, parents and the associated professional community
- 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, 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.

## TIME COMMITMENT

The Professional Certificate in Adolescent Studies comprises a total of 72 CPD hours. Lectures and workshops will take place over six two-day training sessions throughout a one-year period commencing in September 2020 and ending in May 2021. The daily training schedule will be 10.00am - 4.00pm.



## PROGRAMME STRUCTURE

The programme is structured over one academic year with three modules running concurrently. Students are expected to complete all modules. Summary details are listed below:

<b>Module 1:</b>	<b>Adolescent &amp; emerging adult development</b>
<b>Module 2:</b>	<b>Meaning-making in adolescence</b>
<b>Module 3:</b>	<b>Relational skills with adolescents</b>

## 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 lifespan. 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.



## APPLICATIONS

Application forms are available to download from our website: [www.dctc.ie](http://www.dctc.ie)

### **Annual Course Fee: €1900**

To secure a place on the Professional Certificate in Adolescent Studies programme, please forward completed application form together with a booking deposit of €500. Remaining fees are payable on or before the first day of the course in September 2020.

If necessary, students may pay fees in two instalments (September and February) by arrangement with the Centre Director.

Payment may be made via cheque (payable to Dublin Counselling and Therapy Centre) or by Bank Transfer. For EFT payments, bank transfer details are available by request to [info@dctc.ie](mailto:info@dctc.ie)

Completed application forms should be submitted together with a booking deposit of €500 to

**The Administrator  
Dublin Counselling & Therapy Centre  
41 Upper Gardiner Street  
Dublin 1**

**Telephone: (01) 8788 236  
Email: [info@dctc.ie](mailto:info@dctc.ie)**

Maximum number of participants:18.

## TRAINING DATES

The training programme will take place over one academic year, commencing September 2020 and ending in June 2021. Nine two-day training sessions are structured throughout the year. Training days are Thursdays and Fridays, beginning at 10.00am and ending at 4.00pm.

**10th & 11th September 2020**

**8th & 9th October 2020**

**19th & 20th November 2020**

**18th & 19th February 2021**

**15th & 16th April 2021**

**13th & 14th May 2021**



## MEET THE TEAM

### PROGRAMME DIRECTOR



#### **BRONAGH STARRS**

Bronagh Starrs is Programme Director for the MSc Adolescent Psychotherapy in Dublin Counselling & Therapy Centre, in partnership with the University of Northampton, UK and Founder & Director of Blackfort Adolescent Gestalt Institute.

She maintains a private practice in Omagh, Northern Ireland, as a psychotherapist, clinical supervisor, writer, presenter and trainer, specialising in working with adolescents. As well as her work as a parenting consultant with many families, schools and agencies, she is also an experienced therapist working with children, adults and groups.

Bronagh is a renowned adolescent development specialist and has considerable experience teaching and presenting throughout Ireland and internationally on the developmental implication of trauma on the adolescent journey. Her approach to therapeutic intervention with adolescents is both innovative and deeply relational.

She has authored numerous articles and chapters on the subject, and has contributed to the collected volume: *Relational Child: Relational Brain* (Routledge, Taylor & Francis Group/Gestalt Press). Her recently published book *Adolescent Psychotherapy - A Radical Relational Approach* (Routledge 2019) has received international acclaim.

### TUTOR



#### **ANNE MORAN**

Anne maintains a private practice in Dunboyne, Co. Meath where she works as an adolescent psychotherapist and offers clinical supervision to counsellors/psychotherapists who also work with young people. Having completed her advanced training in adolescent psychotherapy, Anne has developed a specialism in the area of adoption for the adolescent and his/her parents. She has a background in education, having spent eighteen years as a teacher working with children and adolescents with intellectual difficulties. During this time she devised and implemented programmes focusing on relationships and sexuality development. She is a clinical assessor and an experienced group facilitator. Anne also works in schools in her capacity as a psychotherapist and has in addition delivered parent education evenings and youth leadership programmes.

### DCTC CENTRE DIRECTOR



#### **PAUL O'DONOGHUE**

Paul is a psychologist and psychotherapist. He has an academic background in psychology and philosophy and has trained in humanistic and integrative psychotherapy. He is a member of the Psychological Society of Ireland and is accredited as a psychotherapist and psychotherapy supervisor by IAHIP.

He has been involved in the training of counsellors and psychotherapists since 1990 alongside his continuing practice as a psychotherapist and clinical supervisor. He is the Centre's Clinical Director and is also Programme Director for the Centre's Core Psychotherapy training programme (MSc Counselling & Psychotherapy).

# Professional Certificate in Adolescent Studies



**Dublin Counselling  
& Therapy Centre**

**[info@dctc.ie](mailto:info@dctc.ie)**