

# 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

**Limerick**  
**08 & 09**  
**February**

**Cork**  
**29 Feb &**  
**01 March**

**Dublin**  
**08 & 09**  
**June**

**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 or Revolut to confirm your place. You will require the email address [bronaghstarrs@gmail.com](mailto:bronaghstarrs@gmail.com) to complete the transaction via Paypal or the tag @bronagaxnl for Revolut. Please get in touch directly if your organisation requires invoicing and an alternative payment method.*

**About The Presenter:** Bronagh Starrs maintains a private practice in Omagh, Northern Ireland as a consultant psychotherapist, clinical supervisor, writer and trainer. 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 recent publications include *Adolescent Psychotherapy A Radical Relational Approach* (Routledge 2019) and *Adolescent Configuration Styles, Parenting and Psychotherapy A Relational Perspective* (Routledge 2023).

