

A person with long dark hair, wearing a light-colored top and pink trousers, is walking away from the camera on a dirt path through a dense forest. Sunlight filters through the trees, creating a warm, golden glow. The path leads towards a body of water visible in the background.

# Blackfort

Adolescent Gestalt Institute

## TRAINING WORKSHOP

Two 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 2-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
- Contact 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.

#### About The Presenter:

**Bronagh Starrs BA Dip  
Psychotherapy MIAHIP**

Bronagh Starrs is Founder & Director of Blackfort Adolescent Gestalt Institute and Programme Director for the MSc Adolescent Psychotherapy in Dublin Counselling & Therapy Centre in partnership with University of Northampton. 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. As well as having had various articles and chapters published, she is the author of Adolescent Psychotherapy - A Radical Relational Approach (Routledge, London).

**Dates:** 30 Nov - 1 Dec 2019

**Time:** 10am – 5pm

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

**Fee:** €260

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