



Creative Interventions for supporting 4-16s

Discover and experience a wide range of fun and creative ways to therapeutically support children and young people's mental health and emotional well-being

Date: Sunday 26 April 2020
Venue: Professional Development Centre, Highlands Campus, Jersey
Cost: £75 (self/organisation-funded)
Time: 9.15-4.30pm
Trainer: Lisa Nel

Biography: Lisa is a BACP Accredited therapist with 32 years' experience as a teacher, therapist, trainer and supervisor. Based upon the success of the 9-weekend *L5 Certificate in Working Therapeutically with Under-18s* training – attended by a range of helping professionals supporting under-18s in Jersey last year, she has been invited back!



www.imokyoureok.co.uk

To register: Email lisa@imokyoureok.co.uk or call 07810 441 896

Designed for:

- ELSAs, social workers and anyone in other helping roles directly supporting the emotional and mental health of 4-16s in Educational / Health / Social Services / Charity settings - who wish to explore more creative ways to support C&YP
- Qualified counsellors wishing to discover more creative interventions for use with C&YP

Objectives:

- A stand-alone one-day workshop offering the opportunity to discover the power of creative interventions to safely support children and young people to process emotional difficulty
- Deepen understanding of why working creatively offers a safe way to support distress
- Another 'taster-day' for anyone interested in potentially doing the nine-weekend L5 Certificate in Counselling / Working Therapeutically with CYP which is planned to run again at the Highlands PDC in Jersey from Autumn 2020 – Summer 2021

Programme summary:

- 1) The power of creative interventions to safely support therapeutic change!
- 2) Hands-on: Experiencing creative interventions - Part 1
Lunch (please bring a packed lunch. Breaktime refreshments provided)
- 3) Hands-on: Experiencing creative interventions - Part 2
- 4) Reflection and application to own role and setting