



Introductory Workshop

Essential competences for therapeutically supporting the emotional well-being & mental health of 4-18s

Date: Saturday 29 February 2020
Venue: Professional Development Centre, Highlands Campus
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!



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

www.imokyoureok.co.uk

Designed for:

- Qualified counsellors (with adult-oriented training) wishing to work / deepen practice with under-18s
- ELSAs, social workers and anyone in other helping roles directly supporting the emotional and mental health of 4-18s in Educational / Health / Social Services / Charity settings - who wish to deepen a capacity to support healing change for under-18s

Objectives:

- A stand-alone one-day workshop sharing key aspects of knowledge, skills and understanding for effectively supporting the mental health and emotional well-being of under-18 C&YP
- A '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:

Understanding Children's lives today

- 1) Whole-Child development informed by neurobiology
- 2) Legal contexts (the 6Cs!)

Lunch (please bring a packed lunch. Breaktime refreshments provided)

- 3) Systems & systemic practice
- 4) Practical interventions