

Applied Zetetics

...a different way of thinking

Counselling Based Skills

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Working with Children & Young People

Developing skills for engaging and
working successfully with this client group

The course

Outline

Working with Children & Young People is designed to develop core skills for counselling and building positive therapeutic relationships with children and young people. A range of practical and theoretical topics exploring the fundamentals of child psychology, and approaches to establish rapport and positive engagement will be taught.

The course is not based on one particular theoretical approach, but incorporates ideas and thinking from a wide range of disciplines, ranging from behavioural psychology through psychodynamic concepts, to philosophically-based ideas.

Who is it for?

Anyone who works with children and is interested in creating positive, nurturing and therapeutic relationships with them will gain valuable skills from attending this course. It is an essential course of study for counsellors considering working with children and young people, whether already qualified or in training.

Dates & timings (subject to amendment)

The course will be delivered over a series of Saturdays, between January and July, with roughly one training day per month, starting from January 2013. The three additional counselling modules will be taught on Sundays in conjunction with Saturday training sessions.

In addition to attending the training days, students will be expected to devote time to furthering their studies through additional reading, practical use of the skills being taught, and completing a small number of short written assignments.

Outcomes

Following successful completion of the course, students will have a sound grasp of the core theories underpinning young people's psychology and behaviour, and techniques for working effectively with them.

A Certificate of Attendance will be issued on completion of the course, which can be used to meet BACP requirements for continuing professional development.

Costs

The cost of the core (non-counselling) modules of the course will be £550, or £650 including the additional 3 counselling modules. These modules can also be booked separately at £50 each in addition to the basic course cost.

Syllabus

Topics covered on this course will be as follows.

Core modules

- **Early years development** – attachments, personality formation, coping styles;
- **Adolescence** – looking at adolescent neuro-psychological development, development of identity;
- **Psychology of children** – an understanding of children's core developmental needs and how these manifest themselves;
- **Building relationships** – the skills necessary to build effective and trusting therapeutic alliances with children and young people, holding the boundaries;
- **Styles of intervention** – challenging, reframing, offering choice, encouraging reflection;
- **Organisational issues** – working in schools and with service providers; dealing with referrals; engaging with the system; developing strong links;
- **Child protection** – legal duties and issues; how and when to refer; potential difficulties;
- **Dealing with crisis** – managing suicidal clients and self-harming behaviours; working with clients in distress; “holding” clients and assertive contracting; referrals, and the role of CAMHS.

Counselling modules

- **Theoretical models** – exploration of the role of various orientations, including psychodynamic, person-centred, philosophical and cognitive-behavioural, in counselling children and young people;
- **The role of evaluation** – many providers require evaluation of the therapy and its effectiveness, and this unit looks at how that can best be delivered with minimal impact on the therapeutic work;
- **Creative approaches** – the use of art, sculpting, modelling, game playing; other non-conventional approaches to counselling;

All modules of the course are taught using a wealth of theoretical and practical skills and techniques.

Venue & bookings

In order to provide you with the best training experience possible, places on this course are limited. To book yours, please contact **bookings@appliedzetetics.co.uk** in the first instance. A (non-refundable, but transferable) deposit will be required to secure a place.

Courses will be held either at Bloomfield Centre in Narberth, or Foundry House in Pembroke.

Handouts and all materials necessary to complete the training are included in the cost.