

Working Therapeutically with Teenagers who Present with Anxiety & Self-Harm

Friday 22nd April 2022 (10.00am to 3.00pm)

Working with teenagers who present with anxiety, vulnerability and/of self-harm often present challenges for us as counsellors, therapist and healthcare professionals in many ways within the therapeutic relationship.

The training will enable professionals to feel more confident in providing safe support for young adults & teenagers in crisis with the aim of managing and reducing their anxiety.

This training will be therapeutic, informative, and interactive!

We will cover and / or discuss:

- ❖ Emotional Holding
- ❖ Practical Interventions
- ❖ Working with Self-Harm
- ❖ Staying in the Moment
- ❖ Reflective Practise
- ❖ Professional Self-care

Facilitated By: Martin Chester Registered MBACP (Accred)

Martin is a Psychodynamic Therapist, Clinical Supervisor and Health & Safety Officer for two organisations. Martin also specialises in working with adults, children and young people who have additional needs, suffered trauma, and / or have mental health issues.

Co-Facilitated By: Katrina Fassnidge MBACP, BSc. Law & Computing

Katrina is a psychodynamic therapist who works with adults who have complex mental health needs and she has been facilitating CPD training for counsellors, therapists and social care professionals for five years.

Cost: £95.00 see below for payment and booking

Numbers: The training is face-to-face and limited to 8 participants due to Covid-19

Venue: LIFE-FORCE Centre, 3 East Hill, Colchester, CO1 2QL

Booking: Limited numbers so early booking is essential

Therapeutic Creative Solutions

Martin Chester, Dip. Psychodynamic Counselling
C/O LIFE-FORCE Centre, 3 East Hill, Colchester, Essex, CO1 2QL
Telephone: 07710 763100 E-mail: psychodynamic@hotmail.co.uk



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Booking Form

Date: Friday 22nd April 2022

Time: 10.00am – 3.00pm

To reserve a place for this training see below:

Choose a payment option and make a payment by bank transfer to:

A/C M J Chester
HSBC
Sort Code 40-18-04
Account Number: 51521969
(UTR 55930 50288)

Tick below as applicable:

- I have paid £25 deposit by bank transfer & will pay the balance of £70 by 20th April 2022
- I have paid the full amount of £95.00 by bank transfer
- Invoice needed to activate payment

Name.....

Telephone.....

Contact Email

Organisation / School.....

Job Role / Qualifications.....

Additional Needs.....

Please send this completed application form to: psychodynamic@hotmail.co.uk

All personal details & information supplied on this form will be deleted appropriately by digital deletion, and/or double cross shredding, within thirty days of completing the training and the information not used for any other purpose.

To maintain ethical boundaries this training is not open to Life-Force School Students

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