



Therapeutic Response to Anxiety in Adolescence and Young People,

11 to 25 year olds – One Day work shop.

Introduction:

Anxiety is a future-focused mood state in which one is ready or prepared to attempt to cope with anticipated upcoming events that are perceived as negative. Experiences of psychological distress as a result of overwhelming anxiety are common in our modern ways of living. Anyone working with or raising children are bound, at some stage and to some degree, to meet with cases of problematic anxiety in children and young people. This programme aims to explore a range of therapeutic responses to anxiety in adolescence.

Who is this course intended for:

The course is intended for anyone working with or raising adolescents and young people This one day workshop will introduce participants to key concepts that help to understand anxiety and develop the means of supporting the child/young person struggling to manage their anxiety.

Topics will include: Types of anxiety, recognising anxiety – spotting the cues, Neuro-bio-psycho-social considerations, Importance of self-regulation and coping skills, Creative mediums, Mindfulness and Stress reduction, Parents/therapist as Partners, Therapeutic approaches useful with anxiety, Narrative Therapy, CBT Techniques.

Facilitator:

Gayle *Kearney*, *MIBECPT*, MIAPTP, holds a Master's Degree in Practice Based Play Therapy, a Bachelor's Degree in Early Childhood Care and Education, and a Post-Graduate Diploma in Psychotherapy and Play Therapy. Gayle is also co-founder and developer of the WOW (Wipe Out Worries) programme, she has worked for the HSE, Barnardos and in private practice as a child and adult psychotherapist.

DATE: Friday 23rd of March 2018, 9:30am – 4:30pm

AWARD: IICP Certificate of Attendance and Participation CPD: 6 Hours

COST: €90 (15% discount for IICP Students/ Alumni and VCS Counsellors)

VENUE: IICP, Killinarden Enterprise Park, Killinarden, Dublin 24.

To find out more or apply on line visit IICP.ie or contact the IICP office on 01 – 4664205