

# The Inner Adolescent

## *Implications for adult psychopathology and healing*

A significant majority of adult mental health issues have their origins in adolescence, research indicating that at least 75% of psychiatric disorders emerge during this developmental stage. The focus of this workshop is to illuminate the transformative possibility of deep and compassionate connection with the inner adolescent - a powerful healing process which is commonly overlooked when working with adult clients.

Adolescence is a time of intensity, when existential selfhood and meaning making get underway in earnest. Self-discovery is infused with the imprint of our prior experience and an already well-shaped worldview. Lots of young people flourish - their unfolding into adulthood is a relatively supported and fluent transition. Plenty struggle too, their journey through the adolescent years having been subtly or not-so-subtly shaped by shame and lack of support.

As we grow and evolve, the influence of the adolescent years continues to reverberate throughout our lives, such is the significance of this critical developmental episode in the experience of being human. Many of the adults in our world demonstrate entrenched adolescent configuration styles: they may look like adults; but developmentally may still be a long way off. Their path through adulthood is defined by self-defeating patterns, addiction, interpersonal struggles and other creative adjustments resulting from the unfinished business of adolescence. This has implications for psychotherapeutic contact with our adult clients.

Starrs, a recognised expert in the field of adolescent psychotherapy, offers participants a weave of her understanding, exploring the adolescent-through-adult journey from existential, neuroscience and interpersonal perspectives.

Dates: 20 & 21 April 2024  
Location: Dundrum, Dublin

Fee: €340  
CPD: 12 Points available

*If you would like to book a place on the training programme, please register your interest via email to Bronagh and forward payment via PayPal or Revolut to confirm your place. You will require the email address [bronaghstarrs@gmail.com](mailto:bronaghstarrs@gmail.com) to complete the transaction via Paypal or the tag [@bronagaxnl](https://www.instagram.com/bronagaxnl) for Revolut. Please get in touch directly if your organisation requires invoicing and an alternative payment method.*

**About The Presenter:** Bronagh Starrs maintains a private practice in Omagh, Northern Ireland as a consultant psychotherapist, clinical supervisor, writer and trainer. She is Creator and Programme Director of the MSc Adolescent Psychotherapy in Dublin Counselling & Therapy Centre in partnership with University of Northampton. A recognised expert in the field of adolescent psychotherapy, Bronagh teaches and presents internationally on the developmental phenomena and therapeutic dynamics of contemporary adolescence. Bronagh's first book *Adolescent Psychotherapy - A Radical Relational Approach* (Routledge, 2019) has received international acclaim. She has also authored various articles on the subject and has contributed to the collected volume, *Relational Child, Relational Brain* (Gestalt Press/Routledge, 2017). Her recent publications include *Adolescent Psychotherapy A Radical Relational Approach* (Routledge 2019) and *Adolescent Configuration Styles, Parenting and Psychotherapy A Relational Perspective* (Routledge 2023).

