

CYPF online 2021

Live: 27 March 2021

On-demand: 29 March 2021 – 27 June 2021

Programme

9.00am - 9.30am	Welcome to the webcast with our hosts Phyllis Coulter and Heather Roberts	
9.30am - 10.15am	Keynote presentation: School-based counselling: Does it work? Is it cost effective? What are the processes of change? Findings from the ETHOS trial – Mick Cooper	
10.15am - 10.45am	Live discussion with Mick Cooper	
10.45am – 11.10am	Break	
	Strand 1 hosted by Heather Roberts	Strand 2 hosted by Phyllis Coulter
11.10am - 11.55am	Offering shelter from the storm: A reflective presentation of resilience – Ged King and Lorna Birrell	Maintaining therapeutic connectedness and continuity of care with younger clients – Anita Knight
11.55am - 12.15pm	Live Q&A with Ged King and Lorna Birrell	Live Q&A with Anita Knight
12.15pm – 1.00pm	Lunch	
1.00pm – 1.45pm	Swimming not sinking – Applying our learning from counsellors supporting children and parents through the pandemic – Edith Bell	Domestic abuse – the impact on children – Deborah Cartwright
1.45pm – 2.05pm	Live Q&A with Edith Bell	Live Q&A with Deborah Cartwright
2.05pm – 2.15pm	Break	
2.15pm – 3.00pm	Neurodiversity – the storm within! – Tasha Walsh	Computer gaming therapy – Sam Norton-Alexander
3.00pm – 3.20pm	Live Q&A with Tasha Walsh	Live Q&A with Sam Norton-Alexander
3.20pm – 3.45pm	Break	
3.45pm – 4.30pm	Keynote session: Refuge and risk – how vulnerable young people experience life online – Adrienne Katz	
4.30pm – 5.00pm	Live discussion with Adrienne Katz and Dr Aimana El Asam, and closing thoughts from our hosts	

Session information and biographies

Webcast hosts

Phyllis Coulter

Phyllis Coulter is a BACP accredited psychotherapist with senior accreditation in CYP counselling and Clinical supervision. As well as Post Graduate level study in psychotherapy, clinical supervision and counselling children and young people she continues to be interested in learning. She has worked for many years in Private Practice with adults and young people. Phyllis has written a bespoke post qualifying diploma in counselling children and young people with an emphasis trauma informed practice. This course is on its 8th academic year and continues to attract students from many contexts. It is validated at level 5 by CPCAB

Heather Roberts

Heather Roberts joined the Board of the BACP in November 2019. She established her Private Practice in 2006 and is a member of the Find You..Be You Team which counsels, coaches and supervises clients across Kent. Heather has been a Clinical Lead at the West Kent YMCA, a Director for Facetime Consultancy and is currently tutoring Level 4 Diploma Courses in Therapeutic Counselling with the CPCAB. Heather works with couples, adolescents and adults and supervises individuals and groups. This is the fourth of Heather's professions, she has been a teacher, police officer and PR Director for several organisations including Centrica and Booker Food Services and the award-winning PR and Marketing Agency William Murray.

Keynote presentations

School-based counselling: Does it work? Is it cost effective? What are the processes of change? Findings from the ETHOS trial

Mick Cooper

The ETHOS trial, conducted between 2016 and 2018 in 18 London secondary schools, was the largest ever study of school counselling in the UK. It looked at the effects of a person-centred/humanistic counselling intervention (up to 10 weeks) on young people (13 – 16 years old) with emotional symptoms at mid-counselling, end of counselling, and three months from end of counselling; comparing their outcomes against usual pastoral care on a range of outcomes including psychological distress, self-esteem, and attainment of personal goals. Along with this outcome data, the trial also conducted an economic analysis to see if the counselling was cost-effective; and conducted in-depth interviews with 50 of the young people who received counselling to understand more about the ways in which the counselling might facilitate—and inhibit—change. This keynote talk from Mick Cooper, Chief Investigator for the trial, will present the key outcome findings from the study, along with emerging evidence from the qualitative analyses regarding processes of change.

Biography

Mick Cooper is Professor of Counselling Psychology at the University of Roehampton, where he is Director of the Centre for Research in Social and psychological Transformation (CREST). Mick is a chartered psychologist and a Fellow of the British Association for Counselling and Psychotherapy. Mick has been researching school-based counselling in the UK—both qualitatively and quantitatively—since 2004

and has published in a range of leading psychotherapy research journals. Mick is author and editor of several texts on person-centred, existential, and relational approaches to therapy; including *Working at Relational Depth in Counselling and Psychotherapy* (2nd ed., Sage, 2018, with Dave Mearns), *Pluralistic Counselling and Psychotherapy* (Sage, 2011, with John McLeod), and *Integrating Counselling and Psychotherapy: Directionality, Synergy, and Social Change* (Sage, 2019). Mick's latest book is *Personalizing Psychotherapy: Assessing and Accommodating Client Preferences* (2021, APA, with John Norcross). Mick is the father of four children and lives in Brighton on the south coast of England.

Refuge and risk – how vulnerable young people experience life online

Adrienne Katz and Dr Aiman El Asam

Young people who are vulnerable offline experience the online world as both a refuge and a risk. They turn to it as an escape, for support and connection to others. It opens up new possibilities for them and offers a space in which they can be free of labels such as 'disabled' or 'in care'. Yet some of them are significantly more at risk of harm online. This talk will explore the growing disparity between the digital lives of already vulnerable teenagers and their peers. It will also consider how these findings can be used in practice. The data is from almost 15,000 young people's responses to the annual Cybersurvey conducted in the UK.

Biography

Adrienne Katz FRSA is director of the consultancy Youthworks, which has run The Cybersurvey for 12 years. Adrienne works in a research partnership with Dr El Asam of the University of Kingston, London on the online experiences of vulnerable groups of young people.

Adrienne is the author of three books on e-safety and co-author with Dr El Asam of research papers and frontline reports on children's online lives. She has worked with Internet Matters - an online safety website - to produce these reports and develop an online safety hub for children with special needs. Adrienne led a team drafting statutory Anti-Bullying guidance for the Welsh government. As an accredited online safety trainer, she has written and delivered training courses across the country and is a member of the Association of Adult and Child Online Safety Specialists. Adrienne was named Outstanding Individual of The Year 2018 by the Ben Cohen Foundation.

Dr Aiman El Asam, Lecturer in Forensic Psychology, Department of Psychology, Kingston University London

Dr Aiman El Asam specialised in forensic and legal psychology as well as young people's mental health and their online lives. He has a wealth of experience in international research management and teaching.

He has developed research interests that cover internalising and externalising mental health and conduct problems (e.g., depression, anxiety, trauma, cyberbullying, aggression, online risks, and problematic internet use) among children, adolescents, and adults. He is interested in how current laws and policies facilitate online safety, positive online use and how victims of online aggression are protected. Most importantly, his work with colleagues has opened an avenue to investigate the role of practitioners (e.g., GPs, Social Workers, and Psychologists) in translating 'online lives' in their assessments when working with young people.

Workshop presentations

Offering shelter from the storm: A reflective presentation of resilience

Ged King and Lorna Birrell

Ged and Lorna from the Young Persons Advisory Service in Liverpool will be talking about how YPAS has continued to support schools, young people, and families through the Covid 19 Pandemic. They will be reflecting on how the service has responded, adapted, and developed to support the needs in Liverpool City during these unprecedented times.

Biography

Ged King is a Counselling Service and Talent Match Team Lead at the Young Persons Advisory Service working with young people and children aged from 12-25 years. She has a Post Graduate Diploma in Person Centred Counselling and Psychotherapy and is a Registered Member of the BACP.

Lorna Birrell is the Seedlings Project co – ordinator at the Young Person's Advisory service. The Seedlings Project is a therapeutic service based in Liverpool Primary schools. She has been working as a Children & Young Person's therapist for 10 years as a registered MBACP.

Maintaining therapeutic connectedness and continuity of care with younger clients

Anita Knight

Therapy for younger clients has been disrupted dramatically by COVID, with many children and young people unable to access counselling. This workshop explores ways that therapists could adapt their practices so that younger children and adolescents can safely engage in therapeutic services, using socially distanced or remote approaches.

The methods discussed, not only offer hope for engaging with younger CYPF in COVID-secure ways, but also offer opportunities for continuity of care in any situation where the therapist is well enough to continue working but is unable to meet younger clients either face to face or in the same venue at the same time.

Biography

Anita Knight MA PGCert PGDip BSc (Hons) is a BACP accredited counsellor, psychotherapist and supervisor working in Private practice at Be U Counselling, Shropshire.

Anita gained her first counselling related qualification in 2013 and has since gained experience working with private clients, in various organisations, with education providers, children's centres, social care & EAPs. She currently works in a Primary school in Shropshire and offers therapy to clients aged from five years upwards, couples and supervisees. She has recently begun writing and delivering training workshops to other professionals.

Swimming not sinking – Applying our learning from counsellors supporting children and parents through the pandemic

Edith Bell

This workshop is designed for novice and experienced practitioners seeking to develop best practice with working with children and parents, including those families with a child with special needs. It is designed to explore the systemic and family aspects of working with CYPF and to apply best practice learning from the experience of working both remotely and face to face with children, young people, and parents during the pandemic. It will look at the breadth of knowledge and skills that counselling practitioners can bring to this vital work and will offer pathfinding suggestions for future developments in the field.

Biography

Edith Bell is the Director of Counselling for Familyworks Counselling. She and her staff work in Primary, Post Primary and Special Schools and in community settings across all of Northern Ireland. She has worked in CYPF counselling for more than 25 years. She loves working with anxious parents, children and adolescents and has worked in lecturing and training in universities and in business since 1990. She is an optimist by nature so despite the challenges of the pandemic she has been really impressed by the dedication of counsellors to find new and innovative ways to deliver individual and systemic counselling interventions that have supported CYPFs and she firmly believes that learning is paving the way into exciting new ways of working with CYPF's in the future.

Domestic abuse – the impact on children

Deborah Cartwright

This presentation will include

- Domestic abuse in brief
- Impact on children
- Role's children assume
- Post abuse recovery for parents and children

Biography

Deborah Cartwright is the CEO of Oasis Domestic Abuse Service and has worked in the social sector for 30 years. Her roles have spanned frontline to senior management in predominantly mental health and DA services. Oasis work across whole families providing a range of support interventions for a variety of needs.

Neuro-diversity – the storm within!

Tasha Walsh

The emotional tornado that Neurodiverse CYP can experience (pre/post Covid19) the impact on them, their families & how schools can help with this.

Biography

Tasha is a Relationally trained Counsellor, has DDP level 1 and is a Certified Autplay Therapist. Tasha has recently finished eight years of working within a cluster of schools in Leeds to develop her private practice, with a special interest in therapeutically supporting, advocating, and offering training in neurodiversity. Tasha is currently studying at Salford University to become a clinical supervisor.

the Midlothian Young People's Advice Service as a young men's therapeutic worker and a community counsellor

Computer gaming in therapy

Sam Norton-Alexander

This presentation will include

- What is computer gaming therapy?
- What are the theoretical underpinnings?
- Minecraft as therapy
- Cases
- Questions to be answered going forward
- Q&A

Biography

Sam studied a foundation degree in Counselling which covered psychodynamic, person centred and CBT approaches to therapy. After moving to Scotland Sam followed this up with a Higher Diploma in Counselling for Children and Young people which equipped him with an understanding of play therapy, art therapy and psychodynamic talking therapy. Since his course he has volunteered for the No.40 counselling service in Edinburgh, before working full time with