

Programme

8.30am - 9.15am Registration

9.30am - 10.30am

Keynote speaker: Carolyn Lochhead
Audit of CAMHS rejected referrals in Scotland

10.30am - 11.00am Refreshments

11.00am - 12.30pm

Morning workshops (see next page)

12.30pm - 1.30pm Lunch

1.30pm - 3.00pm

Afternoon workshops (see next page)

3.00pm - 3.30pm Refreshments

3.30pm - 4.30pm

Keynote speaker: Andrew Reeves
Risk, anxiety and good practice: ethical responsibilities and positive risk-taking

4.30pm - 4.45pm Conference close

Morning workshops

11.00am - 12.30pm	Responding therapeutically to children and young people who self-harm	Jeanine Connor	Premium 3
	Cybertrauma: Practice in the digital space/ time continuum. Risk or danger to the client or therapist?	Catherine Knibbs	Premium 1
	Safe-guarding: Navigating dilemmas, decisions and conflicts inside and outside the therapy room	Michelle Higgins	Premium 2
	Using a therapeutic approach to suicide risk assessment with young people	Tricia Leonard	Impressive 2
	The risks of not working with child trauma, ACES, attachment and dissociation – the importance of being ‘TAD’ informed	Lynne Ryan	Impressive 1
	When words are not enough; understanding & responding to risk through arts in counselling	Eleanor Port-Burke	Innovative
	The counter-transference of risk: recognising and working through our anxieties	Bridget McConnell	Specialist
	Teams around teens; simple techniques for complex issues	Catherine Healy	Dynamic

Afternoon workshops

1.30pm - 3.00pm	Responding therapeutically to children and young people who self-harm	Jeanine Connor	Premium 3
	Cybertrauma: Practice in the digital space/ time continuum. Risk or danger to the client or therapist?	Catherine Knibbs	Premium 2
	Safe-guarding: Navigating dilemmas, decisions and conflicts inside and outside the therapy room	Michelle Higgins	Premium 1
	Using a therapeutic approach to suicide risk assessment with young people	Tricia Leonard	Impressive 2
	The risks of not working with child trauma, ACES, attachment and dissociation – the importance of being ‘TAD’ informed	Lynne Ryan	Impressive 1
	When words are not enough; understanding & responding to risk through arts in counselling	Eleanor Port-Burke	Innovative
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Session précis and presenter biographies

Keynote presentations

Carolyn Lochhead

Audit of CAMHS rejected referrals in Scotland

Session information

In 2018 the Scottish Government commissioned mental health charity SAMH (Scottish Association for Mental Health) and NHS Scotland's Information Services Division to conduct a quantitative and qualitative audit of rejected referrals to CAMHS (Child Adolescent Mental Health Services). During the period of the audit, one in five referrals to CAMHS were rejected. Carolyn Lochhead, Public Affairs Manager at SAMH, will discuss the findings of the audit.

Biography

Carolyn Lochhead manages public affairs at mental health charity SAMH (Scottish Association for Mental Health). She is responsible for SAMH's political engagement, policy development and research work. Prior to joining SAMH, Carolyn worked in both financial and educational policy development.

Andrew Reeves

Risk, anxiety and good practice: ethical responsibilities and positive risk-taking

Session information

Increasingly therapeutic work with children and young people is being defined and shaped by risk-informed anxieties: how to manage safeguarding expectations; how to retain a therapeutic lens in the face of uncertainty; and how to ensure therapy remains young person-focused and thus not reduced to a reporting mechanism for others. This session will help deconstruct these dynamics, and others, and will present a particular view of positive risk-taking that can contribute to retaining the highest standards of professional practice while, at the same time, ensuring the safety of our clients is not over-looked.

Biography

Dr Andrew Reeves is an Associate Professor in the Counselling Professions and Mental Health. He is a BACP Senior Accredited Counsellor/Psychotherapist and a Registered Social Worker and has written extensively about working with risk. As a practitioner he has worked in a full range of settings, including child protection, with children and families, schools, further and higher education, as well as working in secondary care services in a crisis intervention team. He was safeguarding lead governor in a large comprehensive school for 10 years and continues to supervise counsellors and psychotherapists for their work in primary and secondary schools.

Workshop presentations

Jeanine Connor

Responding therapeutically to children and young people who self-harm

Session information

Working with a child or young person who self-harms is about working with risk. This poses dilemmas for the therapist who might wonder – Can I manage this? What if I'm shocked? Do I need to make them stop hurting themselves? Who should I tell? This session will facilitate an exploration of the fears and fantasies for counsellors/therapists working with children and young people who self-harm. Participants will be encouraged to reframe their thinking about self-harm – is it ever just attention seeking, or a fad, or something that only affects adolescent girls – and consider as well that self-harm is a communication about a young person's state of mind. Working with self-harm involves a fine balance between holding risk and exploring meaning. The session will also reflect on professional obligations regarding safeguarding, risk assessment, safety advice and confidentiality as well as ethical dilemmas relating to professional competency and disclosure.

Biography

Jeanine Connor is a child and adolescent psychotherapist and supervisor. She has 11 years' experience with CAMHS and has managed a private practice in Kent since 2012. Jeanine has special expertise in working with adolescents and looked after children, most of whom present with risk-taking behaviours including self-harm. Jeanine delivers bespoke training to counsellors, psychotherapists, educators and parents/carers across the UK. She is an author, Children, Young People & Families columnist, Therapy Today Reviews Editor and regular contributor to BACP journals. Details of Jeanine's work can be found at www.seapsychotherapy.co.uk and you are invited to follow her on Twitter @Jeanine_Connor

Catherine Knibbs

Cybertrauma: Practice in the digital space/ time continuum. Risk or danger to the client or therapist?

Session information

The session will look to the normative practices of children and young people and why the therapist needs to be aware of the varying paradigms of the digital world. The session will look towards best practice guides of the therapist in the digital world and how and when digital behaviours can be a risk/danger to the client or the therapist. Safeguarding applications, technology advances and the law will also be discussed.

Biography

Catherine is a human being, Mum, Author, Clinical Doctoral researcher and Child/Adult Psychotherapist specialising in trauma and technology. She is a blogger, vlogger and podcaster. She is a cyber specialist and proposes a new theory as to why we engage in cyber space as we do and has published in peer reviewed journals as a leading researcher in the UK around the topic of cybertrauma. She writes for the largest UK e-safety companies, including a national newsletter #DITTO that goes directly into schools, she presents at National and International conferences including CCMH, NSPCC, Marie Collins and has presented at ACTIO (The leading online counselling organisation in U.K.), Confer and other leading Psychotherapy Organisations around this large topic.

She has been on Therapist Uncensored, Shrink Rap Radio and Trauma Therapist podcasts in the U.S. She is UKCP MSc Child & Adult Psychotherapist and BACP(Accred). She runs a trauma/education practice and has a private practice too. She is currently writing a second book (series). She has a great self-care routine and 'bio hacks' to ensure she is performing optimally for herself and her clients.

Michelle Higgins

Safe-guarding: Navigating dilemmas, decisions and conflicts inside and outside the therapy room

Session information

Every safe-guarding situation is unique, presenting dilemmas and struggles for practitioners whose work is underpinned by confidentiality, respect for privacy, and trust. Our duty to act within the law, to comply with Government guidelines and organisational policies, along with BACP's Ethical Framework provides a route through which we can navigate complex safe-guarding situations. However, in the therapy room with the young person before us, the guidance and legislation can seem conflicting. There are no easy answers to the dilemmas we face around safe-guarding and information sharing. Nonetheless, how we move through a safe-guarding process can be a positive, hopeful and healing experience for our young clients. The session will begin with a short presentation, delegates will then have the opportunity to reflect and share experiences from their own practice, and to learn from each other by participating in group work.

Biography

Michelle Higgins has worked as a counsellor in a secondary school for the past four years. She initiated this new counselling service which is now established and highly valued by students, parents and staff. In addition to this, Michelle facilitates therapeutic group work and delivers a range of staff training for teaching and support staff. She also runs parent information and support sessions.

In the past Michelle has worked for a CAMHS Tier 3 Specialist Service, in family support, and other services focused on child abuse prevention. Before training as a counsellor, she worked as a mental health practitioner, family support worker, drama teacher and youth worker.

Tricia Leonard

Using a therapeutic approach to suicide risk assessment with young people

Session information

The focus of risk assessment for suicidality is most commonly based around a binary investigation; Have you thought about ending your life and if so have you made a plan to do so? This approach is dependent upon the young person's ability to understand be able to articulate their feelings. These often difficult conversations can feel out of step with the therapeutic relationship and are often followed by a referral to another service.

When used as a therapeutic intervention rather than a diagnostic tool, risk assessment and safety planning can become part of a young person's counselling journey and enable a greater understanding and acceptance of self.

The work of Dr. Thomas Joiner and Dr. David Jobes provide us with emotionally literate, multimodal suicide prevention tools which are ideally suited to use counselling relationship.

Biography

Tricia began retraining as a counsellor fifteen years ago and still has a lot to learn. She has worked as a counsellor in schools and university for the last ten years and has an MA in working therapeutically with young people. She also has a Post Grad Dip in Supervision and provide supervision mainly via video conferencing for counsellors working with young people.

Tricia currently works for the University of the West of England and also as an Advisor to the Counselling Service at the Royal College of Nursing.

Lynne Ryan

The risks of not working with child trauma, ACES, attachment and dissociation – the importance of being 'TAD' informed

Session information

This session aims to present information about Working with Children Who are a 'TAD' troubled: The Interplay of Trauma, Attachment, ACES and Dissociation, and the risks of not addressing all of the above.

Trauma is often a consequence of adverse childhood

experiences – ACES, including neglect and abuse. Trauma frequently results in dissociation in children and it interrupts the attachment process. Although knowledge about attachment has become much more widespread in child services and the need for 'Trauma Informed' and 'ACES aware' services is emerging; what is less common is information about child dissociation and the implications for treatment and prevention. What are the risks of not addressing trauma, attachment, ACES and dissociation, in child therapeutic services?

Information will be presented regarding a trauma informed approach to working with children, including the ACES (adverse childhood experiences) study. Theoretical and clinical case information regarding working with trauma, attachment and dissociation will be explored together with the potential risks of not working in a 'TAD' informed way.

Biography

Lynne is a social worker, counsellor and EMDR therapist specialising in work with traumatised children and adults. She has 25 years of therapeutic work experience, having worked in local authority social work, charitable, NHS, and voluntary agencies.

Lynne currently work as a senior therapist at an adoption support agency; as the lead children's therapist at a sexual abuse project and in private practice as a therapist, supervisor and trainer. She trains primarily on the subjects of child trauma, attachment and dissociation and in 2017 presented at ESTD conference in Norwich and Berne, Switzerland and at the University of Timisoara (Romania).

Eleanor Port-Burke

When words are not enough; understanding & responding to risk through arts in counselling

Session information

Verbal communication is one way to express emotions, experiences and risks woven into our lives. However, as therapists we know that words are sometimes not enough to express the depth and dimensions of how we feel. Arts extend verbal communication, allowing individuals to create their own language, and offer outlets for complex emotions and thoughts. The use of art, music and play (amongst other expressive therapies) not only increases self-awareness for the client but allows the therapist to assess and respond to risks, with increased insights and understanding.

Children and young people (CYP) are constantly navigating the complexities of development, as well as the cultural, environmental and societal expectations around them. Their worlds are rollercoasters of hormones, interactions, and transitions. While no-one is exempt from risk, for CYP, it can feel more pervasive and unpredictable than other life stages. As practitioners, it is vitally important we offer a creative and flexible toolbox to explore and respond to risk.

Biography

Eleanor has 15 years' experience working therapeutically with CYP&F, as a counsellor and expressive arts therapist. She has worked in educational, hospice, medical, and social settings, but her current work lies within developing her own practice & organisation: "Cambridgeshire Expressive Arts and Counselling Centre".

Eleanor works with children, young people, and adults, but has a core focus on early access/ intervention for CYP with mental health and wellbeing needs. A unique aspect of Eleanor's work is integrating clinical and creative models to optimise understanding, insight, and positive change within the counselling environment.

Bridget McConnell

The counter-transference of risk: recognising and working through our anxieties

Session information

Encountering risk in the therapy room can arouse our anxieties. Whether hearing about a young person's risky behavior, considering a safeguarding action, anticipating our organizations response a difficult decision or taking relational risks; our own reactions can sometimes get in the way of our therapeutic skills.

Bridget understands how different settings and client groups demand different considerations of risk and safety, and that risk is a multi-dimensional part of counselling practice. Certain types of risk can elicit strong reactions and provoke emotions from our own histories. This workshop will look at counter-transference and the practitioners' own response to risk in different settings and situations, using therapeutic approaches that focus on the felt sense of experience, such as focusing and energy psychotherapy, to develop ways to work through these.

Biography

Bridget McConnell is a School Counsellor in an independent school. She has worked in various setting within youth counselling including private practice, community organisations and voluntary agencies.

Bridget is also a Lecturer in Counselling and has a passion for teaching through reflective and interactive learning.

Bridget holds dear the value of psychological safety when training personal development groups, or working within organisations that support potentially at risk client groups. She believes that this is the bed-rock upon which congruent and supportive relationships can be built, and the positive risks that are a pre-requisite to personal growth can be taken successfully.

Catherine Healy

Teams around teens; simple techniques for complex issues

Session information

Young people are often unsure about therapy, so how can we as therapists make it more accessible through the way we work? How do we engage the most resistant client? Learn new ways to work with adolescents as part of a team approach, maximising connectivity, outcomes and engagement. Sharing experience of her work in local youth clubs, Catherine will explain how she bridged the age gap to connect with young people deemed out of reach. Techniques to work deliberately to oppose traditional ideas and stereotypes attached to counselling. Evaluating where counsellors sit amongst other professionals in the treatment of young people, and how might we seek professional connections to enhance clients understanding and keenness to engage in the process, whilst sharing risk to keep everyone safe.

Biography

Catherine trained as a CBT therapist after many years in the mental health sector, where she worked with personality disorders and psychosis as my areas of interest, in both inpatient and community care. Catherine currently works as senior mental health practitioner and CBT therapist for a CAMHS service and run private practice catering for complex presentations in children and young people. She sets up free access to therapy within a youth work charity which saw great success through a team approach. Catherine enjoys working 'outside the box' and strives to inspire and engage young people to achieve what they often believe to be impossible.