

Programme

8.30am - 9.15am

Registration

9.30am - 10.30am

Keynote speaker: Elke Thompson

Helping children through adversity and building emotional resilience

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: Eirian Teague

ASD: Presentations within a family and ways to support therapeutically

4.30pm - 4.45pm

Conference close

Morning workshops

11.00am - 12.30pm	Family Group: Supporting schools, strengthening families, enabling change	Bridget McCabe
	Introduction to focusing with children	Sara Bradly
	You can't make someone have resilience and self-esteem it's already there just waiting to come out	Mike Moss
	Creating warriors	Michelle Barter
	Extending our reach	Veronica Rosello
	Children and young people in care	Joy Stewart
	Exploring place attachment and children's wellbeing	Julia Tanner
	Building resilience with solution focused conversations	Clive Whittaker

Afternoon workshops

1.30pm - 3.00pm	Family Group: Supporting schools, strengthening families, enabling change	Bridget McCabe
	Introduction to focusing with children	Sara Bradly
	You can't make someone have resilience and self-esteem it's already there just waiting to come out	Mike Moss
	Creating warriors	Michelle Barter
	Extending our reach	Veronica Rosello
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Session précis and presenter biographies

Keynote presentations

Elke Thompson

Helping children through adversity and building emotional resilience

Session information

A first-hand account of how Elke helped – and continues to help – her children through adversity and, in the process, built their emotional resilience and trust through honest, age-appropriate conversations.

Alex is only three and Olivia eleven months, when their Daddy dies from a sudden and totally unexpected heart attack in April 2009. It is up to Elke, their Mum, to help them understand, and to guide them through their grieving process. When she herself is diagnosed with an aggressive form of breast cancer less than three years later, she, once more, must find the right words to help her children understand. The same year, Alex gets a diagnosis of the rare, incurable neurological condition narcolepsy with cataplexy.

This talk gives real-life examples of the impact a sudden death of a loved one, and adversity in general, has on young children.

Biography

Elke is a professional graphic designer, who turned author and public speaker after the sudden death of her 34-year-old husband in 2009. Suddenly a young widow and single mum to two grieving children under four, she discovered first-hand the lack of resources to support young children through their grieving process. Vowing to improve this, she, under her previous name 'Elke Barber' wrote and initially self-published "Is Daddy coming back in a minute?" and "What happened to Daddy's body?" – two fully illustrated children's books explaining death and what happens after death in words very young children can understand.

Eirian Teague

ASD: Presentations within a family and ways to support therapeutically

Session information

Autism Spectrum Disorder (ASD) is a lifelong, neurodevelopmental condition that can be diagnosed in either childhood, adolescence or adulthood. The condition can impact a person's experience of the world and their relationships with others. Adaptations can be applied within therapeutic settings to support autistic people once the condition has been recognised.

This talk will explore:

- How to recognise the SIGNS of ASD in children, young people and adults
- Identifying adaptations that can be used within differing disciplines of therapy
- Support for families when more than one person has a neurodevelopmental diagnosis

Biography

Eirian is an Integrative counsellor who has experience of working in both the private and voluntary sectors. Eirian has worked with autistic young people and adults throughout her previous career before training as a counsellor. Eirian currently works in a specialist ASD service as well as a therapeutic consultancy organisation. This has led to a specific research interest in the provision of group-based interventions for autistic people as well as the adaptations in service delivery required when working with an autistic person or persons.

Workshop presentations

Bridget McCabe

Family Group: Supporting schools, strengthening families, enabling change

Session information

Bridget aims to explore the potential to help families in their journeys of change. Bridget aims to show how negative transgenerational cycles can be broken through restorative work in child/parent relationships.

Biography

Bridget has an MA in Integrative Child and Adolescent Psychotherapy; she has worked with the family group model in schools in South West London for 6 years. She also works with parents who live with the challenges of learning disability and other additional needs.

Sara Bradly

Introduction to focusing with children

Session information

Focusing developed out of research conducted in the 1960s by Eugene Gendlin and Carl Rogers, together with a team of researchers at the University of Chicago. The research showed that successful therapy outcomes were dependent on something the client did rather than the therapist. Focusing was developed as a facilitative process to help all clients do what these 'successful' clients did: get in touch with, listen to and express their inner experiencing in their bodies in the moment. Today, focusing informs and complements IAPT's Counselling for Depression (CfD). Join Sara for this experiential workshop to explore how we might facilitate this powerful process, which can markedly improve self-esteem and resilience, for a child/ young person.

Biography

Sara completed her counselling MA research study at UEA on Focusing with Children in 2015. Inspired by the results, she trained to become a Focusing-Oriented Therapist and Trainer. Pursuing her passion for working with children in a focusing way she later qualified in Holland as a Children Focusing Trainer.

Sara currently divides her time between Norfolk's CAMHS Tier 2, 4-11s team where she works as a counsellor, and her Norwich practice, Inner Focus, where she offers Person-Centred Counselling and Focusing, and provides training workshops to organisations on focusing with children and young people.

Mike Moss

You can't make someone have resilience and self-esteem it's already there just waiting to come out

Session information

The qualities of self-esteem and resilience are like a deep spring inside ourselves that we can drink from in our thirst for belonging. We are all resilient, we all have self-esteem. Even when we struggle and find life difficult, we all have the potential to change and grow. In this session Mike will present some ideas on trusting the process of actualisation in our work with children and young people, recognising their abilities to heal from trauma. Mike will also introduce practical ways to invite children and young people to experience their own inner wisdom, a source of their being can be discovered, experienced and utilised regardless of age or stage. A young person recently told Mike that you can't make self-esteem; it's already in us, anyway, just waiting to come out.

Biography

Mike Moss has 36 years' experience working in Scotland and has trained in Youth and Community Work, Solution Focused Brief Therapy, Systemic Family Therapy, Integrative Therapy, Person Centred Therapy and Clinical Supervision. He works full time as a counsellor/psychotherapist with West Lothian Council, working with adolescents. He has had articles published in Therapy Today, Thresholds Journal, Counselling in Scotland Journal, The Irish Journal of Counselling and Psychotherapy, New Psychotherapist, Person Centred Quarterly and The Milton H Erikson Foundation Newsletter USA. He also has a small private practice offering supervision to counsellors at his home in Edinburgh.

Michelle Barter

Creating warriors

Session information

Michelle will look at understanding the risks that clients avoid in order to stay safe and in control. She will explore why risk is so important to clients that suffer from anxiety and self-esteem issues and how we can ask clients to take these safe risks. What happens in the brain when our fear response is triggered? What blocks our potential to achieve? We will create our own archetypes that stop us and create a toolbox to become a warrior. We will work with metaphor, story and creativity to alleviate inner turmoil and to turn implicit pain to explicit understanding of self.

Biography

Michelle is an actor turned counsellor working creatively with Step4ward counselling service in Poole Dorset and young people aged 13-19. She works full time as pastoral support for a specialist school for primary school children suffering from social, emotional and mental health challenges. Michelle has experience working with autism, ADHD, complex diagnosis and developmental trauma.

Veronica Rosello

Extending our reach

Session information

Veronica is aware that 'parent-engagement' is often equated with disregard for autonomy/agency and a violation of confidentiality for the young person. She wonders how much this stems from our own stories of unjust/abusive power imbalance as children? How this may become a collusion, creating an unhelpful 'them and us' for our clients and the adults in their lives? Including school staff or other authority figures in the young person's system.

And how much simply is a fear or lack of confidence in our skills in managing this delicate balance between building trust with the young person and bringing in others to 'our' safe counselling relationship?

The rationale behind introducing others, taking a brief look at systems approach, exploring potential fears, challenges and barriers and sharing insights, tools and strategies, in order to develop confidence to 'extend our reach', where and when appropriate will be explored.

Biography

Veronica is an integrative counsellor/clinical supervisor with over 30 years' experience working with children/families in the UK and abroad, most recently Australia. Differing role expectations have required Veronica to find creative ways to liaise with other significant people in the child/young person's system.

Veronica has lectured on Diploma and Foundation Degree courses, supported the range from early years to adolescent to parents including young mothers with their babies! Her counselling began in agencies, but soon moved into school counselling, with a short time at a charity using a 'Family First' approach.

Currently Veronica is Lead Counsellor in a large co-ed boarding school.

Joy Stewart

Children and young people in care

Session information

The term children in care is used deliberately within this presentation based on research among children within the local authority who requested professionals refrain from employing the term "looked after" when referring to their "in care" status.

This session will consider the impact of trauma from a child in care's perspective through the use of case studies and messages from research. There will be a focus on how trauma impacts attachment relationships including the differing experiences within sibling groups. The presentation will also consider the idea of building upon resilience. We will also explore some therapeutic approaches which may be helpful for children who are in care and their foster or other carers.

Biography

Joy Stewart qualified as a children and family social worker over 20 years ago, working with diverse populations of children who had experienced trauma within their birth families for the most part, supporting families and also attending court to provide evidence in order to secure Care Orders. Joy became interested in the idea of attachment relationships as lenses for understanding why children manage relationships in the way we observe as professionals. She has also worked within fostering and adoptions teams assessing and preparing carers and children for new families. Over the last 12 years Joy has been employed as a therapeutic social worker firstly by a local CAMHS and adoption team and for 9 years within a local authority therapeutic social work team as a Senior Practitioner. Joy has developed an interest in attachment, trauma and how the brain develops. The idea of working from a resilience perspective is crucial when working with trauma. Joy qualified as an Integrative counsellor in 2013 and continued to study achieving a BA (Hons) in Counselling in 2016.

Julia Tanner

Exploring place attachment and children's wellbeing

Session information

This workshop focuses on the role of place attachment in the psychological wellbeing of children and young people.

The workshop is experiential. It will involve participants exploring their own childhood place attachments through memory, movement and creative engagement. These activities will be the stimulus for investigating the significance of place attachment, and its disruptions, in the mental health of children and young people.

The second part of the workshop will include the opportunity to explore the implications of place attachment for professional practice.

Biography

Julia Tanner is a former teacher and teacher educator, now working as a consultant, trainer and author. She is also a qualified and practising children's counsellor, with a particular interest in the contribution schools can make to children's emotional health. She has contributed to many national and international conferences and has authored numerous articles and book chapters in academic and professional publications. Her most recent publications focus on children's experience of place/space, how this relates to their wellbeing, and on children's place attachments.

Clive Whittaker

Building resilience with solution focused conversations

Session information

The session will present among other learnings, the long-term study that has been undertaken at Change working for Forward Thinking Birmingham with young people aged 14+. This has demonstrated how the use of SFBT is effective in creating long term changes in thinking, feelings and behaviours. Young people have been supported for twenty years at Change and in schools who anecdotally have appreciated the impact on their pupils, both in terms of their behaviour and ability to engage and study. Resilience building can be a fragile process and many people confuse solution focused with solution forced, a more directive and less empowering way of engaging with young people. The subtlety of following a road less traveled in solution focused language and the impact it has on perspective will be demonstrated. Amongst the evidence shown of the efficacy of solution focused, there will be an opportunity to experience at first hand the result a different approach can have.

Biography

Clive has been working with young people for half a century as a teacher, tutor and counsellor. Under his tutelage, many therapists have learned to have more successful conversations with young people. He leads the staff counselling team at a hospital trust in Birmingham. He is also the senior Counsellor at Change Birmingham Brief Therapy which delivers IAPT interventions for adults and young people. He has lectured at three of Birmingham's Universities and is a national accreditor for UKASFP.