

Working With Millennials

Time	Session	Presenter
08.30 - 09.00	Registration & Refreshments	
09.00 - 09.10	Welcome & introductions	
09.10 - 10.10	The Millennial Client: why therapy is important to this age group	Roisin Dervish-O'kane
10.10 - 10.30	Refreshment break	
10.30 - 11.30	How are the Millennials shaped by their moment in history and what does that mean for them in love, work and identity?	Julia Samuel
11.30 - 12.30	The third person in the therapy room: how therapists can manage Millennial clients' parents	Sally Brown
12.30 - 13.30	Lunch	
13.30 - 14.30	Bridging a gap: a Millennial therapist and a Gen-X therapist in conversation	Julia Bueno and Emily Hilton
14.30 - 15.00	What does it mean in 2019 to be an LGBTQ+ identified millennial? - inherited shame, changing terminology and the intergenerational pressures to 'succeed'	Hannah Creedon and Adam Crowther
15.00 - 15.30	Coaching and Millennial clients	Carolyn Mumby
15.30 - 15.50	Refreshment break	
15.50 - 16.50	Panel with Roisin Dervish O'Kane, Louise Chunn, Alice McGurran, Carolyn Mumby	Panel
16.50 - 17.00	Event Close	

The Millennial Client: why therapy is important to this age group
Roisin Dervish-O'kane

Information tbc

How are the Millennials shaped by their moment in history and what does that mean for them in love, work and identity?

Julia Samuel

Session information: In this presentation **Julia Samuel** will talk about how millennials are different from the generation before and what has influenced that difference. She will also explore the concept of the quarter life crisis. Through her work with her millennial clients she will discuss how this is played out in the different areas of love, work and identity.

Biography: Julia Samuel is a leading psychotherapist, author of *Grief Works* and the upcoming *This Too Shall Pass*, and a Vice President of BACP

Bridging a gap: a Millennial therapist and a Gen-X therapist in conversation

Julia Bueno and Emily Hilton

Session Information: **Julia Bueno** and **Emily Hilton** will discuss the issues that are core to their Millennial clients, including eco-anxiety, dating, porn, gender, #metoo, burnout, social media and digital overwhelm.

The session will aim to answer the question - do we need to be the same generation as a client to really understand their issues?

Biography: **Julia Bueno** has been an integrative therapist for 15 years and sees clients in North London. Her book, *The Brink of Being: Talking About Miscarriage*, was published in 2019.

Emily Hilton is an Integrative therapist living and working in London. She has been working in private practice since January 2019.

What does it mean in 2019 to be an LGBTQ+ identified millennial? - inherited shame, changing terminology and the intergenerational pressures to 'succeed'

Hannah Creedon and Adam Crowther

Session information: **Hannah Creedon** and **Adam Crowther** are millennial therapists working in the Brighton area. They are part of the LGBTQ+ community and who have worked with clients from that community for a number of years. This talk covers some of the issues that affect LGBTQ+ clients, challenging any heterosexist ideology and heteronormative beliefs which will detrimentally affect the therapeutic relationship.

Biography: **Hannah Creedon** and **Adam Crowther** are from Rampion Counselling and Psychotherapy, an LGBTQ affirmative practice based in Brighton, Hove and Lewes

The third person in the therapy room: how therapists can manage Millennial clients' parents

Sally Brown

Session information: When Millennial clients come to therapy in their 20s and 30s, it may be a parent who is paying. In Sally Brown's private practice, she increasingly finds that parents expect to have a say in an adult child's therapy, or get progress reports, if they are paying.

How do therapists manage this 'silent' third (or fourth) person in the therapeutic relationship? Does a third party become a stakeholder in the therapy if they are funding it? How do therapists ensure communication with any third party is in line with their commitments under the Ethical Framework?

An interactive session using client examples.

Biography: Sally Brown works in Bedford as a therapist in private practice and as a coach. A journalist for over 20 years, she is a regular contributor to Therapy Today, Coaching Today and the national media.

Coaching and Millennials Carolyn Mumby

Information tbc

Biography: Carolyn Mumby is a qualified therapist and executive coach. She coaches Millennials pro bono for the New Entrepreneur Foundation

Also presenting:

Louise Chunn is the founder of therapy-matching platform welldoing.org, and former editor of Psychologies.

Alice McGurran is content editor on welldoing.org. She has a Masters in Psychology from the University of Roehampton.

***Timings and order may change closer to the date**