

# Working With Millennials

**A co-production between BACP**

**and**

**well**doing.org

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Brighton Metropole Hotel

#workingwithmillennials

| Time                 | Session                                                                                                                | Presenter                                                                    |
|----------------------|------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| <b>08.30 - 09.00</b> | <b>Registration and refreshments</b>                                                                                   |                                                                              |
| 09.00 - 09.10        | Welcome and introductions                                                                                              |                                                                              |
| 09.10 - 10.10        | The Millennial client: why therapy is important to this age group                                                      | Roisin Dervish-O'Kane                                                        |
| <b>10.10 - 10.30</b> | <b>Refreshment break</b>                                                                                               |                                                                              |
| 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                                                                  |
| <b>12.30 - 13.30</b> | <b>Lunch</b>                                                                                                           |                                                                              |
| 13.30 - 14.30        | Bridging a gap: a Millennial therapist and a Gen-X therapist in conversation                                           | Emily Hilton and Julia Bueno                                                 |
| 14.30 - 15.00        | New ways of thinking about - and labeling - gender, sex, and relationship diversity and its relevance to Millennials   | Meg-John Barker                                                              |
| 15.00 - 15.30        | 'I will never be good enough!' - The rise of perfectionism among Millennials                                           | Eva Kurz                                                                     |
| <b>15.30 - 15.50</b> | <b>Refreshment break</b>                                                                                               |                                                                              |
| <b>15.50 - 16.50</b> | Panel discussion with audience interaction                                                                             | Louise Chunn, Alice McGurran, Vic Leeson, Sally Brown, Roisin Dervish O'Kane |
| <b>16.50 - 17.00</b> | <b>Event Close</b>                                                                                                     |                                                                              |

## **The Millennial client: why therapy is important to this age group**

**Roisin Dervish-O’Kane**

**Session information:** welldoing.org founder **Louise Chunn** will discuss with Millennial therapy client and journalist **Roisin Dervish-O’Kane** why therapy is attracting so many more young people than it has in the past.

**Biography:** Roisin Dervish-O’Kane is a prize-winning journalist, currently a senior staff writer on best-selling magazine Women’s Health.

## **How are 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 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

## **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 ethical framework?

**Biography:** **Sally Brown** works in Bedford as a therapist in private practice and as a coach. She is a regular contributor to Therapy Today, Coaching Today and the national media.

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

**Emily Hilton and Julia Bueno**

**Session Information:** **Emily Hilton** and **Julia Bueno** 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.

## **New ways of thinking about - and labeling - gender, sex, and relationship diversity and its relevance to Millennials**

**Meg-John Barker**

**Session information:** Meg-John Barker talks about her research into the explosion of thinking and talking about gender, sex and relationship diversity (GSRD).

**Biography:** Meg-John Barker is a Brighton-based writer speaker and educator. Their books on relationships, sex, and gender include *Queer: A Graphic History*, *Gender: A Graphic Guide*, and *The Psychology of Sex*. They have worked as an academic psychologist and a psychotherapist specialising in gender and relationships.

## **‘I will never be good enough!!’ The rise of perfectionism among Millennials**

**Eva Kurz**

**Session information:** The effect of socially prescribed perfectionism on young people today and how it affects them at work and in their relationships.

**Biography:** Eva Kurz is a multilingual UKCP psychotherapist who sees clients in London. She presented a version of this paper at a UKCP conference on working with young people and has been asked to turn it into a paper for the European Journal of Psychotherapy and Counselling.

## **Panel discussion and summing up of the day’s talks and discussions**

**Louise Chunn, Alice McGurran, Vic Leeson, Sally Brown, Roisin Dervish O’Kane**

**Session information:** A discussion of what has arisen out of the talks, plus questions from the floor on how the various panel members view the various opinions.

**Biography:** Vic Leeson, BACP therapist in private practice in Leeds; Sally Brown, BACP therapist and personal development coach in private practice in Bedford; Roisin Dervish-O’Kane, prize-winning journalist and staff writer on Women’s Health; Alice McGurran, content editor at [welldoing.org](http://welldoing.org), Masters in Psychology from University of Roehampton; Louise Chunn, founder of [welldoing.org](http://welldoing.org), previous editor of Planet Mindful and Psychologies.

*The welldoing.org platform helps therapists and counsellors across the UK find the best clients for their practice, saving time and letting therapists focus on what’s important. Read all about what membership entails - from a free Calm meditation app to publishing your own content - in the For Therapists section on the site.*  
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