

Online webinar

**BACP Children, Young People and Families:
Resilience: helping children and families
develop an emotional shield**

Saturday 22 February 2020



Programme

8.50am - 9.15am	Webcast welcome
9.15am - 9.30am	Conference chair's welcome
9.30am - 10.30am	Keynote speaker: Elke Thompson Helping children through adversity and building emotional resilience
10.30am - 11.00am	Webcast discussion with Elke Thompson
11.00am - 12.30pm	Veronica Rosello Extending our reach
12.30pm - 1.05pm	Webcast discussion with Eirian Teague
1.05pm - 1.30pm	Break in transmission
1.30pm - 3.00pm	Joy Stewart Children and young people in care
3.00pm - 3.30pm	Webcast discussion with Joy Stewart
3.30pm - 4.30pm	Keynote speaker: Eirian Teague ASD: presentations within a family and ways to support therapeutically
4.30pm - 4.35pm	Webcast goodbye

Presentations (red) are streamed live from the conference in London.

Studio segments (yellow) take place during the conference refreshment breaks.

This year, our webcast hosts are:
Cathy Bell and Rebecca Kirkbride

Session information

Keynote presentation: 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.

Extending our reach Workshop: Veronica Rosello

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.

Workshop: 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.

Keynote presentation: Eirian Teague

ASD: Presentations within a family and ways to support therapeutically

Session information

In Wales, Autism Spectrum Disorder and the raising awareness of the prevalence of neurodevelopmental conditions has been present on the Welsh Government agenda for the past 5 years. The introduction of the National Integrated Autism Service and the forthcoming Autism Code of Practice will greatly enhance and change the provision of diagnosis and support for autistic children, young people, adults and their families.

This session is designed to further raise awareness of the condition and the SIGNS that practitioners may see within the therapy room. It will also highlight some of the adaptations that are often (but not always) required for autistic people in the therapy room. For example: adaptations in use of language and greater awareness regarding sensory profiling.

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.

