



# **Understanding & Working with Children and Young People who are Fostered or Adopted**



**Glasgow and Edinburgh  
January to March 2012**

**SIHR**

**The Scottish Institute of Human Relations**  
- *Understanding people* -

# Understanding and Working with Children and Young People

## Overview

This course is designed to provide ways of understanding children and young people who are fostered or adopted. Psychoanalytic theory is used to throw light on the complex issues involved in working with children and young people who have experienced trauma and loss and who may be struggling to establish new relationships. Consideration will be given to the impact of early experiences on development and also on the complex personal and professional systems that can surround children in these circumstances.

## Course Content

The course is 10 weeks, divided into two, five week sections. Each seminar is 3 hours long, divided into a reading seminar and work discussion seminar. Participants are expected to set aside individual time for reading and preparation of work material for seminars and independent study. Each week the reading is around a particular theme and there will be a taught component exploring the issues further.

## Seminar Leaders

In Glasgow and Edinburgh

**Dr Debbie Hindle**, Consultant Child and Adolescent Psychotherapist, trained at the Tavistock Clinic, experienced clinician and teacher who has published widely about children who are fostered and adopted.

In Edinburgh

**Dr Alexandra Scott**, Child and Adolescent Psychotherapist, trained at the Scottish Institute of Human Relations. She is an experienced clinician working at the Barnardo's Fostering and Adoption Service. She also teaches widely on infant mental health, fostering, observation and assessment.

In Glasgow

**Ros MacMillan** is a senior practitioner with Barnardo's Adoption Support Service (formerly Scottish Adoption Advice Service). Ros has Diplomas in Counselling, and Therapeutic Skills with Children and Young People from the Scottish Institute of Human Relations as well as many years experience

of working with children, adolescents and families affected by fostering and adoption.

## **Aims and Objectives**

1. To be able to reflect on the emotional aspects of work with children and young people who have suffered deprivation and abuse and to consider how this may be understood in the context of your work.
2. To be able to begin to understand children's experience of separation and loss, trauma and abuse and its impact on their emotional and personality development.
3. To be able to reflect on the emotional impact on foster or adoptive parents caring for children who have experienced trauma and loss.
4. To be able to consider the complex issues in relation to contact, court hearings and sibling placement, relevant to working with children in care.
5. To gain an understanding of the complex personal and professional dynamics that surround children in these circumstances that may impact on decision-making, care-planning and treatment.

## **Learning Outcomes**

On completion of this course, participants should have developed an understanding of:

- key concepts in psychoanalytic theory
- the impact on emotional and personality development of trauma and loss
- the complexity of decision making/ care planning for children in care

In addition they should be able to:

- reflect on the emotional impact of working with children who have suffered trauma and loss.
- begin to understand the child's perspective, dilemmas and inner conflicts in relation to their past and present experiences.
- begin to understand how to help carers reflect on their own experiences and how this may impact on their relationship with the child in their care.
- Reflect on how the child's past experience is transferred to their current relationship with their foster carer or adoptive parent.

## Membership

The course is aimed at professionals in a variety of settings (voluntary and statutory) who have substantial experience of working with children and young people and are interested to deepen their understanding of conscious and unconscious process. These may include doctors, social workers, nurses, teachers, counselors and children's reporters. Some knowledge of psychodynamic ideas is helpful but is not essential.

## Costs

The course cost is £650.00. Applicants will be invoiced for the full course fee upon acceptance of application. In the event of cancellation prior to the start date a £50 administration charge will be levied. Please note that course fee invoices will be sent out with acceptance of applications/offer of place letters with payment due no later than the mid point of the course.

## Venue, Dates and Times

SIHR, 5 La Belle Place, Glasgow G3 7LH

10 Wednesdays: 18 January - 28 March 2012 (NB: no class 22 February)

9.00am – 12noon

SIHR, 172 Leith Walk, Edinburgh EH6 5EA

10 Fridays: 20 January - 30 March 2012 (NB: no class 24 February)

10.00am to 1.00pm

## Applications

Completed application forms should be returned by **1 December 2011** to:

Course Administrator

Understanding and Working with Children and Young People

SIHR, 172 Leith Walk, Edinburgh EH6 5EA

Course Members will be limited to 14 participants.

**Further Information:** please contact Debbie Hindle at SIHR Edinburgh.

t: 0131 454 3240, f: 0131 454 3241, e: [edinburgh@sihr.org.uk](mailto:edinburgh@sihr.org.uk)

**APPLICATION FORM**

**UNDERSTANDING AND WORKING WITH CHILDREN AND YOUNG PEOPLE**

<b>LOCATION</b> [Choose preferred option]	<b>EDINBURGH</b>	<b>GLASGOW</b>
<b>NAME</b>		
<b>ADDRESS</b>		
<b>Email</b>		
<b>Contact Tel. Numbers</b>		

**Current Job Title and Work Experience**

**Previous work and training experience (and relevant qualifications)**

**Reasons for Applying for this Course**

**Name, address and telephone number of work colleague / manager who will support your application.**

**Invoicing Details** (if different from overleaf):

NAME	
ORGANISATION / ADDRESS	
Purchase Order Number [if required and attached]	
Tel. No.	

Please note that course fee invoices will be sent out with acceptance of applications/offer of place letters with payment due no later than the mid point of the course.

**Applicant Signature:**

**Date:**

**This form should be returned by 1 December 2011 to:**

**Course Administrator  
Understanding and Working with Children and Young People Course  
SIHR  
172 Leith Walk  
Edinburgh EH6 5EA**

I do not want to receive information about any other SIHR courses, trainings, events, or services.

Personal information will be held and processed by SIHR according to the Data Protection Act (1998). This information will be used by SIHR to administer and manage the course or service.

## **Course Outline**

1. Introduction: Key Concepts
2. Children in Transition
3. The Effects of Abuse and the Impact of Trauma:  
Emotional Abuse and Neglect
4. The Effects of Abuse and the Impact of Trauma:  
Physical and Sexual Abuse
5. Psychological and Neurobiological Impact of Trauma

## **B R E A K**

6. Foster Care
7. Contact and Court Issues
8. Specialist and Sibling Assessments
9. Adoption
10. Organizational Dynamics



## **The Scottish Institute of Human Relations**

Founded as an education trust in 1971, The Scottish Institute of Human Relations (SIHR) is a national resource that provides educational programmes and services. A national charity, it has premises in Edinburgh and Glasgow, with a wide network of practitioners and members.

### *Why choose SIHR?*

Understanding human relationships is central to emotional health and well-being, but sustaining and applying that understanding in the work of promoting mental health or social well-being is very demanding. SIHR, in its role as an educational charity, develops and delivers courses and services for people who respond to such demands in their professional lives.

Our courses and services translate psychoanalytic, psychodynamic and systemic ideas into practical tools for professionals in the health service, voluntary and faith organisations, and education and social services.

## **The Scottish Institute of Human Relations**

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