

# **My Group, My Gang and Me**

## **– Working with Groups of Adolescents**



**exploring psychodynamic ideas in understanding and  
working with groups of adolescents**

**24 September 2009 – 3 December 2009**  
weekly (except 22 October)

**SIHR**

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

# My Group, My Gang and Me – Working with Groups of Adolescents

exploring psychodynamic ideas in understanding and working with groups of adolescents

## Overview

Following a successful one-day workshop in 2008, SIHR is pleased to offer a 10 week course in working with adolescents in groups. In many contexts – classrooms, youth clubs, residential units, hospital wards - professionals find themselves having to think about the individual in the context of the group. An understanding of group dynamics is invaluable, as is an appreciation of how groups can promote adolescent growth and development so that young people move towards a better understanding of self and others.

In this course we will explore adolescent behaviour in groups and also the ways in which groups can be specifically designed to help young people in a variety of settings.

We very much hope we will have the pleasure of welcoming you on this innovative course which will provide a unique experience to learn from each other as well as the tutors in an open and friendly atmosphere.



## Course Design

The course has three different parts:

- Input to stimulate discussion – papers, film clips, tutor presentations.
- Work discussion group – individuals will be encouraged to bring dilemmas, concerns and observations relating to the young people with whom they work
- Learning group – two facilitators will assist the group in reflecting on their own experience of being part of a group.

## Course Content

Topics will include:

beginnings, the individual and the group, group dynamics, scapegoating, boundaries, endings and other relevant themes.

## Seminar Leaders

**Susan Maciver** is a senior counsellor, working with adolescents and adults in SIHR. She is also a school counsellor in James Gillespie's High School. She qualified as a counsellor in 1986 and went on to complete a specialist training in working with children and adolescents in 1991. For the past 20 years she has contributed to many of SIHR's trainings as well as offering supervision and consultancy to counsellors working in a variety of settings, including those working with groups in schools.

**Dr Nick Dunne** is a consultant child and adolescent psychiatrist currently working in a specialist eating disorder unit, also providing consultation and assessment to schools and residential units for looked after and accommodated children. He has also trained as an analytic group psychotherapist and has a special interest in the use of the therapeutic community as an essential treatment modality in institutional care and in facilitating groups for children and adolescents.

**Martin Gaughan** is a lecturer in Children and Young People's Mental Health at Napier University, Edinburgh. He has worked with young people for over 20 years mainly at the Young People's Unit in Edinburgh, where he was involved in facilitating groups with young people using a variety of approaches. He was part of a writing team that developed the New to CAMHS training package for HeadsUp Scotland and has been employed in a number of consultancy roles.

**Christine Wilson** is a psychologist who has worked for many years with staff and young people in residential care and education. She has a particular interest in the dynamics of groups and organizations and in the application of these ideas to the groups which exist in the class room and in the daily life of residential care. She has extensive experience of working with and teaching about groups through SIHR and is a member of the SIHR group relations and organisational consultancy teams.

## Costs

The course cost is £600. Applicants will be invoiced for the full course fee upon acceptance of application. 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.

Cancellations: These must be made in writing prior to **4 September** and will incur an administration charge of £50. We regret that no refunds can be made after that date.

## Venue, Dates and Times

Central Edinburgh venue to be confirmed  
From 24 September to 3 December 2009 (no class on 22 October)  
Weekly, on Thursdays from 4.30 to 7.30pm

## Applications

Completed application forms should be returned by **1 September 2009** and submitted to:

Susan Maciver  
My Group My Gang and Me course  
SIHR  
172 Leith Walk  
Edinburgh  
EH6 5EA

Course Members will be limited to 24 participants.

## APPLICATION FORM

**My Group My Gang and Me course – starting 24 September 2009**

<b>NAME</b>	
<b>ADDRESS</b>	
<b>Email</b>	
<b>Contact Tel. No.</b>	

**Current Work Experience**

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

**Reasons for Applying for this Course**

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

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

NAME	
Department / Organisation ADDRESS	
Purchase Order No:	
Tel. No. Day Evening	
Email:	

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 September to:**

**Susan Maciver  
My Group, My Gang and Me 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.

**COMING SOON from SIHR**

**Dynamics of Attachment and Exploratory Interest Sharing in Adult Life** – with Dr Una McCluskey

This is a 2.5 day intensive experiential workshop for professional caregivers offering an opportunity to explore one's own experience of attachment dynamics in the context of a confidential closed experiential group.

Starts: 24, 25 and 26 September 2009, in Edinburgh. Cost £500

**Diploma in Psychodynamic Counselling and Therapeutic Practice** - validated by COSCA.

OPEN DAYS – 28 March, 25 April and 23 May 2009

- this modular course has been designed to fulfil the training requirements for those who wish to work towards professional accreditation with COSCA or BACP.

Starts: September 2009, in Glasgow.

**SIHR also offers the following trainings:**

**MSc/Diploma in Therapeutic Skills for Children and Young People**

**Clinical Training in Child and Adolescent Psychotherapy** (D.Ch.PsychPsych)

**Adult Psychoanalytic Psychotherapy Training**

**Foundation and Intermediate Family Therapy and Systemic Practice**

**MSc in Family Therapy and Systemic Practice**

# SIHR

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



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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