

My Group, My Gang and Me

– Working with Groups of Adolescents



**exploring psychodynamic ideas in understanding
adolescents and groups**

**30 September 2011 to 23 February 2012
[Fortnightly]**



The Scottish Institute of Human Relations

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

exploring psychodynamic ideas in understanding adolescents and groups

Overview

This ten week course will focus on thinking about adolescents and the groups in which they find themselves within schools, informal settings, residential establishments and hospitals. Groups are very important in the life of adolescents and an understanding of the individual and the group can contribute to developing working relationships with young people.

The course aims to enhance participants' capacities to intervene effectively in their own roles, be it teacher, social worker, group worker, counsellor or mental health practitioner and within their own organisational contexts.

A further emphasis is on developing the capacity for reflection on participants' current practice and experiences, informed by the psychodynamic theories which will be presented during the course.

Is This Course for You?

- For all professionals who work with young people and who are interested in groups as well as individuals
- A ten week practice and theory course
- Addressing Continuing Professional Development needs
- A Certificate of Course Completion will be awarded.

Course Design

Issues will be explored in:

- a session that discusses theory through lectures/discussions, film, reading key theories
- experiential work e.g. group sculpting and group exercises
- work discussion group – individuals will be encouraged to bring dilemmas, concerns and observations relating to the young people with whom they work

Course Content

Session 1	Beginnings – Getting Started
Session 2	Psychodynamic Concepts
Session 3	Group Processes
Session 4	Adolescent Development
Session 5	Adolescents in Schools
Session 6	Adolescents in Residential Units
Session 7	Therapeutic Communities
Session 8	Therapeutic Groups 1
Session 9	Therapeutic Groups 2
Session 10	Endings

Seminar Leaders

Seminars will be led by (multidisciplinary) members of staff from SIHR with backgrounds in psychology, adolescent psychotherapy and psychiatry, counselling, education and group analysis.

Quotes

“Reassuring and approachable leaders who are bursting with knowledge and experience.”

“Fantastic to have a safe place to think and be encouraged by the facilitators to participate.”

“I appreciated the wide range of professionals and their experiences.”

[feedback from former Adolescence Course participants]

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 **7 September** and will incur an administration charge of £50. We regret that no refunds can be made after that date.

Venue, Dates and Times

Scottish Institute of Human Relations
172 Leith Walk
Edinburgh EH6 5EA
t: 0131 454 3240, f: 0131 454 3241

30 September,
14 October, 28 October,
11 November, 25 November,
9 December 2011,
and
13 January, 27 January,
10 February and 23 February 2012.

Fortnightly from 3.00pm to 6.00pm

Applications

Completed application forms should be returned by **31 August 2011** 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 15 participants.

APPLICATION FORM

My Group My Gang and Me course – starting 30 September 2011

NAME	
ADDRESS	
Email	
Contact Tel. No.	

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 25 August 2011 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

Responding to Society's New Challenges Innovative applications of psychodynamic and systemic perspectives in Social Care, Education and Health

A conference for those working in the care sectors

6-7 May 2011 (Edinburgh)

Keynote presenters: Jill Savege Scharff, Bill Whyte, Graham Monteith,
Alan Sinclair and Alex Wallace

Marking the **40th Anniversary of the Scottish Institute of Human Relations**, this conference aims to celebrate SIHR's contribution to the social care, health and education communities through the application of the concepts we prize. It will demonstrate how SIHR's teaching and philosophy is of current and future value at a time of change and financial pressure.

Call 0131 454 3240 for a further information. Cost from £45 to £160.

Visit: <http://www.sihr.org.uk/Conferences.html>

SIHR also offers the following trainings:

Diploma in Psychodynamic Counselling and Therapeutic Practice

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 / Intermediate / MSc in Family Therapy and Systemic Practice



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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SIHR aims to ensure that no-one receives less favourable treatment on the grounds of gender, parental status, ethnic origin, colour, nationality, social class, disability, sexual orientation, religious belief or age. This information is available in other formats.

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