

OPEN DOOR OPEN MIND

Communicating and engaging with
young people



A one-day participatory conference looking at the time between childhood, and adulthood; the challenges of communicating and engaging with this client group; and how psychodynamic thinking can help those who work with young people.



Friday 1 February 2008
Scottish Health Service Centre
Crewe Road South, EDINBURGH EH4 2LF

An event co-ordinated and facilitated by

SIHR

Scottish Institute of Human Relations

- understanding people -



OPEN DOOR:OPEN MIND

Communicating and engaging with young people

A one-day participatory conference looking at the time between childhood and adulthood and the challenges of communicating and engaging with this client group. It will explore the contribution of psychoanalytic thinking to those who work with young people.

The aim of the conference is to consider the special therapeutic needs of adolescents who are struggling to discover a way to move forward into adulthood, but who have a more than ordinary terror of leaving childhood behind.

How do we engage young people who have traditionally found it hard to ask for help?

How can psychoanalytic thinking be useful in working flexibly with this age group?

How do we gauge the seriousness of the problem and help the adolescent face up to that?

How can we help them grow up and move on?

When should parents and carers be involved in this process?

Are there times when it's useful just to work with parents?

What are the challenges for supervisors in helping professionals deal with the reticence and acting out behaviour of this age group?

Open Door have been working to address these questions for a number of years. We are delighted they are coming to Scotland to share their experience both of working with young people and with parents. Based at Haringay, London, they offer a range of psychoanalytically based services to the 12 to 24 age group. They have a history of tailoring the service to meet the needs of their young clients which has led to many creative innovations. Clinical audit and evaluation is built into this process.

This conference will be of interest to:

- Residential care staff
- Youth Justice Workers
- Working Together workers
- CAMHS staff
- Managers developing services for young people
- Teachers and school support staff
- Social workers
- Therapists and Counsellors using a variety of models (psychoanalytic, cognitive)
- Clinical and Educational Psychologists
- Psychiatrists

Conference Programme

9.00 am	<i>Registration and coffee</i>
9.30 am	Welcome and scene setting
10.00 am	From Open Door: Charlotte Jarvis Julia Britton David Trevatt
11.30 am	<i>Coffee</i>
12.00 am	Group Discussion
1.30 pm	<i>Lunch</i>
2.30 pm	Questions to the panel and plenary discussion
3.45 pm	<i>Close and tea</i>

At the time of going to press this programme was deemed correct. However, we reserve the right to alter or cancel any part of the programme due to unforeseen circumstances.

About Open Door

The Open Door Young People's Consultation Service was founded in 1976 and registered as a charity in 1988. Since that time a team of child and adolescent and adult psychotherapists have worked from a centre in Crouch End, Haringay, offering young people an opportunity to explore their anxieties and difficulties in safe and confidential surroundings. More recently Open Door have opened a satellite service in Tottenham, a particularly deprived part of the Borough.

Each year Open Door sees around 250 young people, providing an inclusive service for young people and parents from all backgrounds, cultures and ethnicities.

Charlotte Jarvis trained at the Tavistock Clinic, London, qualifying in 1992. Since completing her training she has been researching the parenting of adolescents and developing therapeutic approaches to work with parents. She has been the director of Open Door for the past nine years and has worked with the clinical team to develop treatment models with the aim of responding effectively to the therapeutic needs of adolescents, young adults, and their parents. These service developments have been rooted in evidence from clinical practice, internal audit, and outcome evaluation.

Julia Britton trained in the Adolescent Department of the Tavistock Clinic after which she worked for several years in the Department of Child and Adolescent Psychiatry at Chelsea and Westminster Hospital specialising in work with self-harming and borderline adolescents. She joined Open Door in 2005 where amongst other things she is Clinical Lead of the Brief Therapy Service.

David Trevatt trained at the Tavistock Clinic. He has worked in several child and adolescent mental health services (CAMHS) teams in London and, on behalf of the Brandon Centre Young People's Counselling Service, in a school for severely physically disabled young people. He is acting director at Open Door Young People's Counselling Service where he has been responsible for the management and development of the Parent Consultation Service. He is the clinical manager of the adolescent counselling service 'Hear and Now' in the London borough of Redbridge. He also works with parents in the CAMHS service at St Ann's Hospital in Haringay.

BOOKING INFORMATION

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1 February 2008, Scottish Health Service Centre, Crewe Road South, Edinburgh EH4 2LF

Please complete the booking form opposite (photocopying it as required) and fax it to 0131 454 3241, or return it to Pamela Sinclair, at the address below.

You should complete this form in BLOCK CAPITALS and use one form per person. You will receive a confirmation letter for your booking on receipt of payment.

Closing date for applications: 18 January 2008
– please phone for availability after this date.

Delegate Cancellations: These must be made in writing prior to **21 January 2008** and will incur an administration charge of £25. We regret that no refunds can be made after that date but we are happy to accept one substitute delegate before or on the day.

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