

Therapy Session Masterclass (TSM) Series: Working with Young People in Distress: Video Course

Prof. Stephen Briggs & Dr Jan McGregor Hepburn

Video Course
CPD/CE credits: 3

Price: £65



Online video access remains available for 1 year from the date you receive the video course.

“Providing meaningful and effective therapeutic interventions for young people with mental health difficulties is a vital task. Thinking about adolescence is essentially interactive and intergenerational: adults are worried about – and by – adolescents, and adolescents are worried about themselves – and society. Adolescence is characterised by the intensity of powerful emotions and energies, creating tensions between creativity and its counterpart of a more destructive kind “

– Prof. Stephen Briggs

Many adolescent people who seek help may have gone through multiple traumas over the course of their young lives – **broken families; absent, alcoholic or abusive parents; domestic violence and / or indifferent or even cruel caretakers.**

While trying to survive these distressing and sometimes dangerous circumstances they find themselves in, these young people are also in a state of developmental transition. Transitions tend to make human beings anxious and defensive, and this presents a particular clinical challenge for the young person who is **also trying to individuate and become an adult in a world fraught with indifference, abuse and physical, mental or emotional violence.**

At this practice-based seminar, Prof. Briggs and Dr McGregor Hepburn will present and discuss some of the issues and clinical challenges in working with this group of young individuals. The webinar will include live role play to enable participants to see a senior clinician at work and there will be time for participants to bring their own clinical situations for discussion.

Course objectives:

- Theoretical understandings of adolescent and young adult development and states of transition
- Application of theory to clinical work – the TAPP model including the **application of Time-limited Adolescent Psychodynamic Psychotherapy (TAPP)**



- Specific techniques for helping young people in distress to understand and manage their feelings, especially involving:
 - **Complex presentations** of mental health diagnoses with psychosocial vulnerabilities
 - Difficulties in relationships
 - Need for **second treatments**
 - An external time-limit
 - **Anxieties and difficulties around separation**

The webinar is part of our newly launched Therapy Session Masterclass (TSM) Series and follows the format described below.

Therapy Session Masterclass (TSM) Series

“What would you have said to the client in this situation?” is a question that delegates often ask the speaker when attending training sessions hosted at *nscience*. While, as therapists, we can learn a lot from exposition and case illustrations, our learning can be significantly enhanced if we were to have the **opportunity to watch senior clinicians and experts in their therapy sessions with clients** – we can observe how they manage the narrative, how they respond to complex situations, what overall approach they follow and their individual format for therapeutic interactions.

With this approach in mind, we’ve launched the Therapy Session Masterclass (TSM) Series – a regular programme of evening sessions (each of which can be individually attended as a stand-alone event), moderated and led by Dr Jan McGregor Hepburn, where we will be inviting leading experts in Psychotherapy & Counselling – to let us observe them in clinical settings. Each of the sessions will have dedicated time for a demo therapy session (either video recorded or a live role-play), which will be followed by moderated interactions with delegates. Not only will delegates have the opportunity to see the invited experts in clinical settings but will also **have a chance to quiz the expert on their choice of therapy methods**.

As participants, we can also **bring our own brief case vignettes** that may be related to the topic at hand. A selection of these will be discussed by the invited expert.

About the speakers

Stephen Briggs, PhD, is Emeritus Professor of Social Work at the University of East London and a psychotherapist. He is also Honorary Professor at the Universities of Nottingham and Exeter, where he teaches on the psychoanalytic/psychodynamic psychotherapy training courses. He is a Fellow of The Academy of Social Sciences (FACSS). He worked previously (1991-2012) in the Tavistock Clinic’s Adolescent Department. Currently he has a private psychotherapy practice for adults and young people.

Stephen has researched and written widely on adolescent mental health and adolescent psychotherapy, suicide and self-harm, and infancy. His PhD, published as *Growth and Risk in Infancy* (Jessica Kingsley 1997), applied infant observation to the study of vulnerable families. On young people, he has written *Working with Adolescents and Young Adults: A contemporary psychodynamic approach* (Palgrave 2008), and his most recent book is *Time-limited Adolescent Psychodynamic Psychotherapy* (TAPP) (Routledge 2019). Practitioner training for TAPP is now a kite-marked training accredited by the British Psychoanalytic Council (BPC). His recent publications include: *The effectiveness of psychoanalytic/ psychodynamic psychotherapy for reducing suicide attempts and self-harm: Systematic review and meta-analysis* (British Journal of Psychiatry 2019), and *Psychoanalytic understanding of the request for assisted suicide* (International Journal of Psychoanalysis 2022).

Dr Jan McGregor Hepburn has a background in Social Work Management and Psychoanalytic Psychotherapy and is a trainer for the North of England Association for Training in Psychoanalytic Psychotherapy. She held the position of Registrar of the British Psychoanalytic Council from 2005 to 2020 and chairs the Professional Standards Committee. She is the author of several papers, most notably those published in the British Journal of Psychotherapy and European Psychotherapy Journal. She has presented papers at conferences and devised and facilitated both seminars and workshops on a variety of subjects to both management dynamics and clinical topics.

She is part of the ScopEd project which is the collaboration between BACP, UKCP and BPC to map the core competencies for clinical work. She is on the Reading Panel of the British Journal of Psychotherapy and has a doctorate from the University of Northumbria. Her latest book: *Guilt and Shame, A Clinician’s Guide* is out now with *nscience publishing house*.



© nscience UK, 2022 / 23

There is no known commercial support for this program

For more information on how to access webinar joining links, handouts and video recordings please visit <https://www.nscience.uk/faqs/>

Questions and requests for information: customerservices@nscience.co.uk

If you have a disability, please contact us in advance of the course so we can accommodate your needs:

customerservices@nscience.co.uk

US: +18337161044

UK/Europe:
+44(0)2070961722

Australia:
+1800861953



nscience UK is approved by the American Psychological Association to sponsor continuing education for psychologists. nscience UK maintains responsibility for this program and its content.