



# Wendy Bramham Therapy

Counselling, Psychotherapy & Complementary Health  
in Newbury & Marlborough

[www.wendybramham.co.uk](http://www.wendybramham.co.uk)

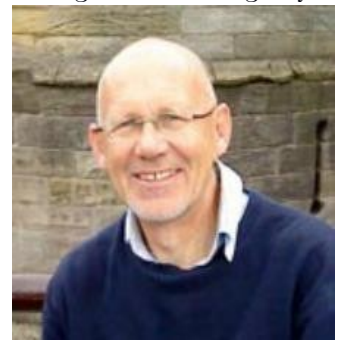
## Working with Adolescents and Young People; *Clinical Implications and Techniques* Professor Stephen Briggs

Saturday, 25<sup>th</sup> March 2017, 10 am - 1 pm  
St George's Hall, 206 Andover Road, Newbury RG14 6NU

### Introduction

The aim of this workshop is to explore therapeutic engagement with young people (in the age range of approximately 13-25). Effective therapy with young people requires distinctive skills and techniques to facilitate engagement and support therapeutic change, and we will explore these through considering the following key areas:

- Working with the emotionality of the therapeutic relationship - transference and counter-transference
- How to take up a facilitating therapeutic stance with adolescents
- Working with the adolescent developmental process: formulating adolescent difficulties and problem behaviours as disturbances of the developmental process
- Development or defence? Noticing and facilitating therapeutic change
- Issues of power and dependency in the therapeutic relationship
- Boundaries of time and space, including time-limited therapy
- Working with gender, ethnicity, religious and other areas of difference



Stephen Briggs

### Biography: Stephen Briggs

Stephen Briggs is Professor of Social Work and Director of the Centre for Social Work Research at the University of East London. He worked for many years as clinician, teacher and researcher in the Tavistock Clinic's Adolescent Department, where he also led the brief psychodynamic service in the Adolescent Department. He has written widely on adolescent mental health, self-harm and suicide, infant mental health and infant observation. His books include: *Working with Adolescents and Young Adults: A contemporary psychodynamic approach* (2008), *Growth and Risk in Infancy* (1997), and *Relating to self-harm and suicide: psychoanalytic perspectives on practice, theory and prevention* (2008, edited with Alessandra Lemma and William Crouch).

This seminar will be open to all talking therapists and mental health professionals.

“Early bird” price before 25<sup>th</sup> February 2017: £45, or after £55. Includes parking & refreshments but not lunch. CPD certificates and handouts will be supplied.

Venue: St George's Hall, 206 Andover Road, Newbury, West Berkshire RG14 6NU

**TO BOOK:** [www.wendybramham.co.uk](http://www.wendybramham.co.uk) (seminars tab)

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