

Working with Anxiety: A Person-Centred Approach with Children and Young People

Date: Saturday 8th June

Time: 9.30-4.15pm

Venue: Online via Zoom

**For: Children and Young People
Counsellors**

Presenter: Susan Dobson

**Cost: RS Members £60/
Non-Members £120**

CPD Category A Points: 6



Anxiety is a common cause of distress in children and young people, with increasing levels of anxiety being seen across all age ranges in communities post COVID.

Person-Centred therapy is a powerful process which provides the safety needed for children and young people to explore and understand their feelings, and to develop the resources needed for them to grow and develop a sense of security, self efficacy and resilience.

This workshop will provide a recap and overview of the person-centred theory of human development, which outlines how anxiety can become so overwhelming for children and young people. We will explore how the conditions of a therapeutic relationship act to lessen anxiety and promote wellbeing, while identifying how to use supports and strategies in a non-directive way consistent with person-centred practice.

Learning Outcomes: By the end of the day participants will be able to:

- Relate the theory of personality development to clients who present with anxiety.
- Develop an understanding of how the therapeutic relationship facilitates change and growth in children and young people.
- Consider the use of supports and strategies consistent with person centred practice.

Presenter: Susan Dobson is a social worker and psychotherapist with 25 years' experience working with children and young people in the public and private sector. She is a person-centred therapist with a particular interest in psychological trauma, and her in private practice she specialises in working with children and adults who have experienced significant trauma. Susan is also a freelance trainer offering bespoke workshops to counsellors, therapists and other professionals. She is currently a Tutor on the COSCA Certificate in Counselling Skills with Rowan Consultancy.

HOW TO BOOK

Relationships Scotland CPD events are for practitioners who are currently working for a Service that is a Member of Relationships Scotland. Booking early is encouraged as spaces may be limited. Spaces may be open to practitioners from external organisations where appropriate and available. We use an online booking process, the link to the online booking form for each event can be found in the relevant section of this programme and in the flier for the event. The online booking form can be used by:

- Member Services to book on behalf of practitioners.
- Practitioners from Member Services who wish to self-fund.
- Practitioners from external organisations (when spaces are available).

The link to the online booking form for this event can be found here: <https://forms.office.com/e/gXpLRvWPQ2>

If you have any questions about the booking process please contact Liz Thackwray:
liz.thackwray@relationships-scotland.org.uk

BOOKING TERMS

Booking for CPD events will be confirmed by email within 10 days of submission. Please check your inbox and/or junk mail, if you have any issues receiving this email please contact us immediately. Member Services or Self-funded practitioners will be sent an invoice for the course fee before the event, please do not make a payment until you have received this invoice as it will have a unique invoice number for the payment reference.

Cancellations within 14 days of the event and non-attendance will be charged in full. Member Services/practitioners must notify us of any cancellations by email. Where appropriate, Member Services may transfer a place to another attendee if the original person cannot attend, we must be informed of this ahead of the event taking place. If a CPD event is cancelled by Relationships Scotland (because of insufficient numbers or unforeseen circumstances) then all fees will be fully refunded. We are unable to reimburse out-of-pocket expenses, such as travel and accommodation.

In exceptional circumstances, Member Services/practitioners may request a refund of the cost of the training event or a free place at a future event. Examples of exceptional circumstances include admission to hospital at short notice, or a family bereavement. We are unable to reimburse out of pocket expenses, such as travel and accommodation. Requests for refunds or credits for future events will be considered by the Office Bearers Group (Chair, Vice-Chair, Treasurer of the National Office). All request for refunds/free places at future events should be made in writing or by email to the CPD Manager, sonia.bruce@relationships-scotland.org.uk

SYSTEM REQUIREMENTS

The session will be delivered using the Zoom platform. You can attend this CPD event from a private space anywhere using a compatible computer or tablet connected to the internet. You will need to download Zoom to access the session: <https://zoom.us/> Please make sure you have the most recent version of Zoom. Please note, some organisations have additional security settings that may prevent you from accessing the CPD event on an organisational device.

Please also ensure that you have the required bandwidth and internet speed. You can test whether you are able to join a Zoom meeting here: <https://zoom.us/test> Relationships Scotland are unable to provide refunds when there are issues with a participant's IT which prevent them from accessing the CPD event. Please contact the CPD Manager if you are unsure about the use of the technology sonia.bruce@relationships-scotland.org.uk

ACCESSING THE EVENT ONLINE

A link to the session will be sent out a few days before the event. Please ensure that the email address to which the link should be sent is clear in the Booking Form. It is also important that the Zoom account uses the same name that you used to register for the event. The Relationships Scotland CPD Host will use this information to admit participants into the event and to confirm attendance certificates. The username for your Zoom account can be amended by signing into Zoom and going to the profile section of your account.

