



**Stage 1 Certificate Course**  
**Introduction to Counselling Young People (ages 11-18)**  
**Starting April 2024**

We are very pleased to be able to offer our highly rated Stage 1 training which meets the BACP Core Competences for those wanting to work with Young People aged 11-18years.

### Training Objectives

BACP and other ethical bodies require those working with young people under the age of 18, who are adult trained or undertaking an adult training, to have evidence that they have acquired the competences to work safely, with young people. The aim of this course is to enable counselling practitioners to gain the theoretical knowledge and competences to practice with this age group in an ethical and effective way. You will develop the capacity to reflect on your practice and think with colleagues about the clinical work.

### Who is the training for?

It is suitable for trainee counsellors and psychotherapists as well as post qualified clinicians. It is not essential to have experience of working with young people.

### Our Training Schedule:

- Monday April 15<sup>th</sup> Mental Health and Young People
- Saturday May 11<sup>th</sup> Risk Assessments
- Monday May 20<sup>th</sup> Child and Adolescent Development and Transitions
- Monday June 17<sup>th</sup> Communication with Young People
- Monday July 15<sup>th</sup> Beginnings and Endings with Young People
- Monday September 16<sup>th</sup> Child Protection and Safeguarding
- Saturday October 5<sup>th</sup> Working in the Context of the Counselling Setting
- Monday October 21<sup>st</sup> Ethical and Professional Practice

### Training format

There will be 6 online training sessions and two face-to-face workshops on two Saturdays in Didcot (venue to be confirmed). Each session will be from 9.15-12.45 and will consist of a combination of lectures and reflective group work with opportunities to discuss clinical cases to enhance learning.

### Cost:

£750 for the whole course (8 modules), or  
£95 per individual module

## Our Trainers

The course is delivered by experienced and qualified Child & Adolescent Psychotherapists (see bios below) and supported by adult qualified counsellors and psychotherapists with extensive experience of adolescent work, who have completed the training.

## Registration/Further Information:

To register or to find out more please email [hilary.arthur@riversidecounsellingservice.co.uk](mailto:hilary.arthur@riversidecounsellingservice.co.uk)

*Please note: Stage 1 is the first part of a two-stage training programme. We are planning to offer Stage 2 which is for qualified adult trained practitioners following the Stage 1 training programme.* Stage 2 will include 50 hours of clinical practice with young people aged 11-17 which you can do at Riverside or at your current workplace (if appropriate). Your supervisor will need to be approved and your work with young people will need to be recorded and signed off by the organisation where you gained the experience. At the end of the programme you'll be required to complete a case study and an assignment related to your development as a clinician working with young people.

**Placement opportunities** may be available with Riverside Young People's Service -The Space- in Oxfordshire if you would like to gain clinical experience with young people in a supportive environment with supervision provided, and if your adult training meets Riverside's requirements for further information see our website [www.riversidecounsellingservice.co.uk](http://www.riversidecounsellingservice.co.uk).

## Our Trainers

**Dr Liz Fletcher, MA, DPsychPsych** (Monday's lectures) - Liz is a Child and Adolescent Psychoanalytic Psychotherapist. She trained at the Tavistock clinic and in a CAMHS clinic in Surrey and qualified in 2013. Liz worked in private practice in Hong Kong for 3 years. Whilst in Hong Kong, Liz was an Honorary Lecturer at Hong Kong University, teaching Counselling and Psychotherapy on Masters courses. She gave lectures on Klein and Adolescent Development on the Sino-British Training Programme in Beijing and delivered online Infant Observation seminars to participants in China. Liz returned to Reading in 2016 and continues to work in private practice. She sees children and adolescents from 0 to 25 years old for a wide range of mental health issues and emotional and behavioural difficulties. She also offers parent work and parent-infant psychotherapy. She specialises in working with neurodiversity, care experienced children and young people, post adoption, and somatic symptoms. Liz was awarded a Professional Doctorate in Child Psychoanalytic Psychotherapy in 2020 after completing her doctoral research. She also offers supervision to trainee counsellors studying Child and Adolescent Counselling diplomas at IATE.

**Gabriella Lee** (Saturday workshop) - Gabriella Lees has worked for 25 years in NHS Child and Adolescent Mental Health Services. She is currently lecturer and Course Lead at the Tavistock Clinic London and a trainer for the Anna Freud Centre. She has a Post Graduate Diploma in Art Psychotherapy, is trained to Intermediate level in Systemic Family Therapy, and has a Masters in Psychoanalytic Infant Observation Studies. She completed the NHS MPhil 4-year training in Perinatal, Child and Adolescent Psychotherapy in 2005.

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