



FINDING NEW WAYS OF THINKING ABOUT ADOLESCENCE

FRIDAY NOVEMBER 13, 2015

10:00-15.45

PERTH CONCERT HALL

A one-day, multidisciplinary conference exploring the particular challenges and strategies for positive adolescent mental health

This is a unique disciplinary event as it combines two distinctively different approaches to thinking about and working with young people creatively.

The conference aims to address the psychological and neurological issues that are inherent in the adolescent state of mind.

The conference has been initiated and planned by the local Human Development Scotland (HDS) group as a way of reaching regional colleagues who work in a variety of settings with young people.

The day will be an opportunity for GPs, counsellors, social workers, psychotherapists, teachers and youth workers, nurses and students to come and think together about the adolescents they work with, who are often challenging to the best of clinicians.

We have chosen two internationally renowned speakers and authors to present their compelling thinking and work in respect of young people's mental health. There will be reflective space given for small group discussions, led by HDS members.

We look forward to seeing you there.

Dr Margot Waddell is a psychoanalyst in private practice and a consultant child and adolescent psychotherapist at the Tavistock Clinic. She has a doctorate in English Literature from Cambridge and has published many articles. Her most recent book, *Inside Lives: psychoanalysis and the growth of the personality* was published in 2002 by Karnac.

Nicola Morgan is one of the UK's leading writers for and about teenagers and is the author of *Blame My Brain - The Amazing Teenage Brain Revealed*, short-listed for the prestigious Aventis Prize, and *The Teenage Guide to Stress*, as well as award-winning novels. She also speaks internationally on topics surrounding adolescence and the science of reading.

PROGRAMME

Finding New Ways of Thinking about Adolescence

Friday November 13, 2015

Norie Miller Suite, Perth Concert Hall

- 10:00** Registration and Refreshments
- 10:30** Welcome & Introduction with Shirley Ogilvie, Principal Child & Adolescent Psychotherapist (NHS)
- 10:35** *Forever Adolescent: A developmental conundrum - understanding those who do not want or are unable to grow up*
Dr Margot Waddell: Consultant Child and Adolescent Psychotherapist and Psychoanalyst at the Tavistock Centre and Institute of Psychoanalysis (London)
- 11:30** Question and Answer session with Dr Margot Waddell, chaired by Annie Baikie, Consultant Child and Adolescent Psychotherapist (NHS)
- 12:00** Break
- 12:15** Small Group Discussion led by members of the local Human Development Scotland Tayside and Fife Regional Group
- 13.00** Lunch and Networking
- 14.00** *What's so special about teenage stress? A perfect storm of change inside and out.*
Mrs Nicola Morgan, Author
- 14.45** Question and answer session with Nicola Morgan, chaired by Susan Maciver, Psychodynamic Counsellor, HDS
- 15:00** Break
- 15.20** Plenary and conclusion
- 15.45** End

BOOKING FORM

Please complete (in type or BLOCK CAPITALS) for each place required:

Exploring New Ways of Thinking about Adolescence

Human Development Scotland, Conference House, 152 Morrison Street, Edinburgh EH3 8EB
Telephone: 0131 200 6288, info@hdscotland.org.uk

Booking Information (Fee includes lunch and refreshments). Please reserve:

- 1 full price place at **£165** (private sector organisations)
EARLY BIRD DISCOUNT OF 20% UNTIL 30 September, 2015
- 1 public sector/large voluntary organisation place at **£105**
EARLY BIRD DISCOUNT OF 20% UNTIL 30 September, 2015
- 1 small (turnover < £150,000 pa) voluntary organisation place at **£85** [availability is limited]
- 1 HDS member/student place at **£75** [availability is limited]

4 for 3 discount on multiple bookings from the same organisation. Contact us for details. Please note: only one discount per booking.

Title: **Forename:** **Surname:**
(Mr/Ms/Dr/Prof)

Job Title:

Organisation:

Address:

Tel: **Email:**

Please indicate:

- I require wheelchair access/have mobility difficulties (please specify below)
- I have special dietary requirements (please specify below)
- I have other special needs (please specify below)

Additional/specific needs

Payment Details

Please send payment/purchase order number along with your booking form. Please note we will be unable to confirm your place without payment

- I enclose a cheque for £ _____ made payable to 'Human Development Scotland'
- Please invoice me quoting purchase order number _____

Cancellations must be made in writing before **31 October 2015** and will incur an administration charge of **£45**. We regret that no refunds can be made after that date. We are happy to accept substitute delegates.

I do not want to receive information about any other HDS courses, trainings, events, or services.

Personal information will be held and processed by HDS according to the Data Protection Act (1998). This information will be used by HDS to administer and manage the course or service.

ABOUT HUMAN DEVELOPMENT SCOTLAND

Human Development Scotland (HDS) is a registered charity working to improve the mental health and emotional wellbeing of individuals, families and communities in Scotland, regardless of context and means, and to increase the effectiveness of organisations.

We deliver academic training courses for professionals working in the public, private and voluntary sectors so that they will be better able to:

- Work as appropriately accredited practitioners in psychological therapies, counselling, coaching and related fields in ways which respect individual needs and values
- Understand the importance of personal and professional relationships and their impact on people's mental health and emotional wellbeing
- Work effectively, demonstrating compassion, continuity, clear communication and shared decision-making, in order to relieve distress and suffering
- Increase the resilience and capabilities of the individuals, groups and communities they work with

For professionals caring for people in, or at risk of, mental or emotional distress or suffering, and those working with potentially vulnerable individuals, HDS offers a range of continuing professional development (CPD) and learning opportunities, for example conferences, seminars, coaching, short courses and team/leadership development.

Human Development Scotland also delivers a range of therapeutic services including counselling and psychotherapy directly to individuals, couples and families and offers organisational consultancy, applying a psychodynamic understanding of organisations to a wide variety of settings across Scotland. Across the caring professions, awareness has increased of the need for good quality supervision to help workers develop their skills and competency and we have substantial experience of supervisory relationships and currently offer supervision services to a number of individual and organisational clients.

Please visit our website for further information about our courses and services.

www.hdscotland.org.uk