

DEVELOPING RESILIENCY IN CHILDREN AND YOUNG PEOPLE

Session Purpose:

“What does not kill me makes me stronger,” said Goethe. Is this true of everyone? How is it that faced with adversity, some people come through to be successful, functional human beings, and others are undone by their experience and struggle to achieve happiness and peace? This class explores what research has revealed about the factors that make the difference between surviving and thriving.

Who Is The Session For?

This class is designed for anybody working with children, young people and families who may be going through difficult circumstances, particularly those working with children of substance misusing parents. It is designed for a wide variety of professionals and provides opportunities to share ideas with others.

Seminar Objectives:

- To identify internal and external risk factors in the young people you work with
- To recognise common responses in children and young people exposed to high risk factors
- To identify internal and external resiliency factors in the young people you work with
- To develop at least one strategy to build resiliency in a young person that you work with

Who Will Facilitate Training:

Mary Smeeth, Young People's Substance Misuse Training Officer. Mary has a BA in English and Education, and an MA in Counselling. She has worked in the mental health field for eleven years, and has worked with adults with mental health problems, as well as adolescents dealing with substance misuse, ADHD, teenage parents and incarcerated youth. Most recently she worked as an in-home family therapist in Arizona, and has taught parenting classes in the USA and the UK.

Dates & Venues:

Tuesday 12 May 2009 - Framlingham. Tuesday 6 October 2009 - Bury. Monday 8 February 2010 – Stowmarket.

Cost & Times:

Course is free of charge.

Registration 9.00 a.m. Course finishes 4.30 p.m. Refreshments and Lunch are provided.

