

THE STAYING POWER OF STIGMA - the power of language when talking with young people

Purpose of Training Sessions:

How often has your meaning been misunderstood when talking with a young person? Do you wonder why your listener sometimes reads something into your meaning that wasn't there? If you have ever wondered why communication goes so much awry or wanted to be able to communicate more effectively with young people, this class is for you. This half-day training session will explore the power of language at a time when young people's self-esteem and self-image can be so fragile. You will leave this training with tools to communicate effectively with young people to support them as they negotiate decisions around drugs and alcohol.

Who Is The Course For?

This class is designed for anybody working, (or perhaps living) with teenagers and who would like to communicate more effectively with them. It is suitable for anybody concerned about the relationship between self-esteem and decision-making in teenagers.

Course Objectives:

- Raise awareness of the role of labelling in personality formation
- Increase skills in the use of positive language
- Have a greater awareness of the values communicated in the language we use

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 twelve 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. Please call Mary with any questions you have about this course, Tel. 07967368618.

Dates & Venues:

Thursday 16 April 2009 – Framlingham. Tuesday 14 July 2009 – Lowestoft. Tuesday 12 January 2010 – Bury.

Cost and Times:

Course is Free of Charge.
9:00 am to 1:00 pm. Refreshments will be provided.

