

# **YOU'RE NOT LIKE ME! YOUNG PEOPLE, IDENTITY, BULLYING AND FAILURE**

*A workshop for professionals working with young people*

It's hard for young people to know what to think, what to feel and how to behave when they're still trying to work out who they are. Sometimes they get stuck with certain behaviours because the story they're telling about themselves has also got stuck. So how do we help them develop more flexible autobiographies? How do we help them to think about themselves instead of just acting out their anxieties, sometimes disastrously, taking out their feelings on other people, including their feelings about failure and not being good enough?

This workshop will go on to explore bullying as something that's likely to happen whenever people who are anxious. Bullying happens between individuals but is also a group phenomenon. We'll explore the dynamics that create bullying behaviour in the first place and at strategies that make for more productive relationships between people.

The workshop will be theoretical as well as experiential and practical. We'll think about our own experiences as well as the experiences of the young people with whom we're working. We'll practise and learn together. The day will be of particular interest to professionals working with young people in education, health, social services, counselling and other contexts.

## **Workshop facilitator:**

The workshop will be led by Nick Luxmoore. Nick is a trainer, school counsellor, teacher, youth worker and psychodrama psychotherapist (UKCP registered). He has nearly 40 years' experience of working with young people and with the professionals who support them.

Nick's career has included teaching English and Drama in schools and prisons, teaching counselling at Oxford Brookes University, running a youth centre and youth theatre, setting up and managing a young people's counselling and information service, working as a school counsellor and as a counsellor with young refugees and asylum seekers. He currently works as a freelance trainer and supervisor.

He is the author of a number of books about working with young people, with themes including anger, self-esteem, death, love and hate.

[www.nickluxmoore.com](http://www.nickluxmoore.com)

## **WHERE AND WHEN**

*King Alfred's Academy  
Portway, Wantage  
Oxon, OX12 9BY*

**25<sup>th</sup> April 2018**  
**9.30am – 4.00pm**

## **COST**

*£95 (exclusive of VAT)*

## **HOW TO BOOK**

**Contact us online:**  
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