

ANXIETY, DEPRESSION AND YOUNG PEOPLE

A workshop for professionals working with young people

Young people are endlessly diagnosing themselves with 'anxiety' and 'depression'. But what do we mean by anxiety and depression? How do we contain anxiety? How do we respond to existential anxiety? How do we understand depression? How do we support young people, many of whom are experiencing developmental crises rather than mental health issues?

This workshop will look at theory and practice. It will be an opportunity to share our experiences of work with young people who are 'anxious' or 'depressed', an opportunity to learn from past work and practise for future work.

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 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

WHERE AND WHEN

*King Alfred's Academy
Challow Road, Wantage
OX12 9DU*

Wednesday 7th November 2018

9.30am – 4.00pm

COST

£95 (exclusive of VAT)

HOW TO BOOK

Contact us online:

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