

## THE ENEMY IN MY HEAD: HELPING YOUNG PEOPLE MAKE SENSE OF THEIR PARENTS, THEIR TEACHERS AND AUTHORITY

*A workshop for professionals working with young people*

Young people's behaviour is always informed by feelings about their parents, feelings which then inform their relationships with teachers and other authority-figures in their lives. So how do we help them when their parents are separated and hating each other, when they're with new partners, when they're inconsistent, when they break promises? How do we help young people who love and hate their parents? Or love one parent and hate the other? Or have never met or have no memory of a parent? Or have only ever heard bad things about that person? What does all this mean for young people trying to make sense of who they are, of the people who made them, of what it means to love and feel betrayed? How do we help young people develop an autobiography that's flexible and nuanced rather than black and white, a sense of themselves that allows for hate as well as love, shyness as well as exuberance, anger as well as kindness?

This workshop will include some theoretical input, but the emphasis of the day will be practical and experiential. We'll share ideas, experiences and learn together. The day will be of particular interest to professionals working with young people in education, health, social services, counselling or 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 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  
Challow Road, Wantage,  
OX12 9DU

**Tuesday 26<sup>th</sup> March 2019**

**9.30am – 4.00pm**

### **COST**

**£95 (exclusive of VAT)**

### **HOW TO BOOK**

#### **Contact us online:**

[cpd.otsa.org.uk](http://cpd.otsa.org.uk)  
[info@otsa.org.uk](mailto:info@otsa.org.uk)

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