

RUNNING GROUPS WITH ANXIOUS, ANTAGONISTIC YOUNG PEOPLE

A workshop for professionals working with young people

We live in groups and depend absolutely on groups. We're social as well as solitary. Sometimes, when things go wrong, we need time on our own, but at other times our problems can only be addressed by working with and through the groups we are naturally part of. In groups we can practise living without making mistakes; we can get feedback and develop our confidence; we can learn to understand and interact with other people.

This workshop is aimed at professionals who would like to start running groups with young people and at professionals already running groups who would like to develop their skills further. We'll be imagining running groups whose purposes are to address issues such as self-confidence, anxiety, bullying, anger, self-esteem, assertiveness, sexuality. There will be some theoretical input but the emphasis for the day will be practical and experiential – learning how to structure groups in order for young people to feel safe, as well as learning a repertoire of tried-and-tested exercises and having the chance to try some of them out.

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 5th December 2018

9.30am – 4.00pm

COST

£95 (exclusive of VAT)

HOW TO BOOK

Contact us online:
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