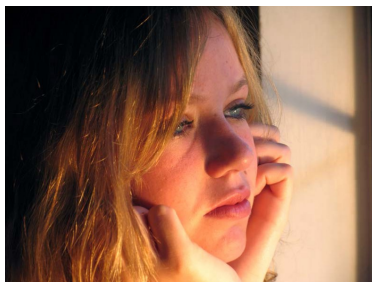
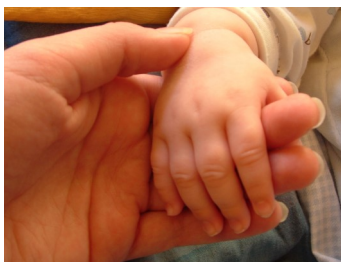


A Brief Guide to our 10 week Short Courses

*Infant Mental Health:
Early Intervention with Under 5s and their Parents*

*Understanding and Working with Children
and Young People who are Fostered or Adopted*

*Understanding and Working with Adolescents:
Turbulence, Trauma, Change and Challenge*



Infant Mental Health: Early Intervention with under 5s and their Parents

Overview This course is a practical and theoretical introduction to some essential themes influencing emotional, cognitive and personality development in babies and young children in the context of their primary relationships and experiences. It aims to introduce a psychoanalytic way of thinking about parent – infant relationships, looking at why infant mental health matters, what promotes and what gets in the way of good infant mental health and cognitive development, and at the impact of adult mental health on parenting capacity, thus enhancing the skills of professionals working to promote infant mental health and development within the context of the Scottish Government's *Delivering for Today, Investing for Tomorrow* programme, Chapter 3 — *The Best Place to Grow Up and Learn*. (Course limit — 10 participants)

Aims and Objectives

1. *To understand more about the mental processes underpinning parent – infant relationships*
2. *To explore why infant mental health matters, what promotes or hinders it*
3. *To introduce a psychoanalytic way of thinking about a child's earliest primary relationship and experiences*
4. *To develop skills in observing and understanding the emotional, cognitive and personality development of babies and young children*
5. *To enable participants to reflect on their work with under 5s and their parents*
6. *To develop an understanding of psychodynamic theories and their application to work with infants and their parents.*
7. *To develop skills in assessing, reviewing and evaluating work.*

Learning Outcomes

On completion of this course participants will have developed an understanding of:

- *Essential themes in emotional, cognitive and personality development*
- *Psychodynamic/psychoanalytic ways of thinking about parent - infant relationships*
- *Common and more complex difficulties in parent - infant relationships*
- *Their own professional role and clinical experiences.*

Understanding and Working with Children and Young People who are Fostered or Adopted

Overview This course is designed to provide ways of understanding children and young people who are fostered or adopted. Psychoanalytic theory is used to throw light on the complex issues involved in working with children and young people who have experienced trauma and loss and who may be struggling to establish new relationships.

Consideration will be given to the impact of early experiences on development and also on the complex personal and professional systems that can surround children in these circumstances. *(Course limit — 14 participants)*

Aims and Objectives

1. *To be able to reflect on the emotional aspects of work with children and young people who have suffered deprivation and abuse and to consider how this may be understood in the context of your work.*
2. *To be able to begin to understand children's experience of separation and loss, trauma and abuse plus its impact on their emotional and personality development.*
3. *To be able to reflect on the emotional impact on foster or adoptive parents caring for children who have experienced trauma and loss.*
4. *To be able to consider the complex issues in relation to contact, court hearings and sibling placement, relevant to working with children in care.*
5. *To gain an understanding of the complex personal and professional dynamics that surround children in these circumstances that may impact on decision-making, care-planning and treatment.*

Learning Outcomes

On completion of this course, participants should have developed an understanding of:

- *Key concepts in psychoanalytic theory*
- *The impact on emotional and personality development of trauma and loss*
- *The complexity of decision making/care planning for children in care.*

Understanding and Working with Adolescents: Turbulence, Trauma, Change and Challenge

Overview This course is designed to provide ways of thinking about the adolescent phase of the life cycle in order to facilitate direct work with young people. Psychoanalytic theory is used to throw light on the complex adjustments to physical and social changes which constitute the major tasks of adolescence. It focuses on gaining understanding of the dilemmas which confront all young people. These can create great strains for some individuals and result in developmental delays, problematic behaviours and sometimes serious mental illness. *(Course limit — 14 participants)*

Learning Outcomes

On completion of this course participants will have developed an understanding of:

- *A psychodynamic model of adolescence*
- *Emotional and personality development at this stage*
- *Collaborative working with other professionals.*

Aims and Objectives

- 1. To understand more about the mental processes which operate during adolescence. Understanding the emotional impact of working with young people.*
- 2. To increase understanding about the adolescent task of separation and individuation.*
- 3. To help develop skills in understanding the communication of adolescents.*
- 4. To develop skills in understanding the emotional impact of working with young people, and to use this to help formulate treatment programmes and appropriate support for them.*
- 5. For the participant to reflect on their own work with adolescents in terms of roles within an organisation and agency.*
- 6. To develop an understanding of psychodynamic theories and their application to work with young people.*
- 7. To develop skills in assessing, reviewing and evaluating work with young people and their families.*

Cost

Please give us a call on **0141 331 2419** or email us — **info@hds.scot** if your organisation is interested in any of our short courses. The length and content can be tailored to suit the different requirements of each organisation.

Course Venue

All three courses can be delivered at Human Development Scotland's training suite in Glasgow city centre or at a clients' workplace.

Limited Participant Numbers

Please note that spaces for all three courses are limited to a certain number of participants (as specified in each course's Overview section) to ensure an enhanced learning experience for everyone.

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