

## Programme of Short Courses for Spring 2018



### **Understanding and working with children who are fostered and adopted**

*Weekly from January 11 to March 29, central Glasgow*

This course provides ways of understanding children and young people who are fostered or adopted. It employs psychoanalytic theory 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. Participants will explore the impact of early experiences on development and on the complex personal and professional systems that can surround children in these circumstances.

### **Infant mental health: early intervention with under 5s and their parents/carers**

*Weekly from January 18 to March 29, central Glasgow*

This well-established and popular 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.

The course looks at some pioneering studies and clinical approaches and involves in-depth discussion of participants' own casework and clinical experiences. The overall aim of the course is to deepen participants' understanding of the conscious and unconscious factors involved in early developmental processes and to introduce new ways of thinking about early preventative interventions with the under 5s and their parents/carers.

### **Understanding and working with adolescents**

*Weekly from March 1 to May 3, Perth*

This established course is designed to provide ways of thinking about the adolescent phase of the life cycle 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. The course 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.

Please contact us for more information or visit our website for details of our courses and services.

<https://www.hdscotland.org.uk/short-courses-for-spring-2018>

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