

**A workshop for professionals working
with young people**

**Training
School**

Running Groups with Young People

25 March 2010

9.30am—4.00pm

**King Alfred's College, Centre Site, Portway,
Wantage, Oxon, OX12 9BY**

We live in groups and we depend absolutely on groups. We are social as well as solitary. Sometimes, when things go wrong, we need time on our own and help from another person. 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 and practise relationships; 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 will be imagining running groups whose purposes are to address issues such as 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, learning useful exercises and having the chance to try them out. The workshop will be of particular interest to professionals working with young people in education, health, social services or other professional contexts.

The workshop will be led by **Nick Luxmoore**. Nick has worked with young people and staff in Oxfordshire for 30 years as a school counsellor, youth worker, teacher and psychotherapist. He currently works as a counsellor with students and staff at King Alfred's College, Wantage, and with young asylum seekers and refugees at Refugee Resource in Oxford. He is the author of *'Listening to young people in school, youth work and counselling'* (Jessica Kingsley 2000), *'Working with anger and young people'* (Jessica Kingsley 2006), *'Feeling like Crap: Young People and the Meaning of Self Esteem'* (Jessica Kingsley 2008) and *'Young People In Love and In Hate'* (Jessica Kingsley 2009).

The cost of the workshop is £115 per person (includes lunch, coffee etc). For applications received by 25 February 2010 the cost will be £95. To book a place, fill in and return the tear-off slip as soon as possible. For further information, contact Kate Baker on 01235 225774 or email trainingschool@kingalfreds.oxon.sch.uk



RUNNING GROUPS WITH YOUNG PEOPLE – Thursday 25 March 2010

Name:

Organisation / field of work:

Contact address:

Telephone number:

E Mail Address:

SPECIAL REQUIREMENTS – do you have any particular requirements which we need to take into account when you attend this activity, for example, access, hearing, visual impairment?

YES / NO – if you answered yes you will be contacted to discuss your requirements

Any special dietary requirements:

If paying by cheque, please enclose a cheque for £115 (£95 if application received by 25 February 2010) made payable to 'Oxfordshire County Council'. Return slip with cheque to Kate Baker, King Alfred's College, Portway, Wantage OX12 9BY.

If you would like an invoice to be sent, please tick here

For OCC school internal recharge, please supply Cost Centre and GL code

Please see overleaf for terms and conditions.

TERMS AND CONDITIONS

1. Cancellations will incur the following charges:

- | | |
|-------------------------------------|-------------------|
| • More than 4 weeks prior to course | No charge |
| • 2-4 weeks notice given | 50% of course fee |
| • Less than 2 weeks notice given | Full fee |

2. If you do not attend the course without previously informing us, the full course fee remains payable.

3. Should circumstances mean that you need to transfer to an alternative date, a £25 administration charge will apply if less than 2 weeks notice is given.

4. Full payment for the course is required one week before the course date.

5. King Alfred's reserves the right to cancel any course if there are insufficient numbers to run a viable course. In such circumstances you will be given as much notice as possible and the offer of a free transfer to another course date, or a full refund of fees paid.