



COURSES
for
2011-12

Training

Working with young people
and their families

Including **NEW**
accredited courses
and qualifications

young people
in focus

research | training | publications



Welcome to the 2011/2012 Training Programme

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young people 5

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with young people 7

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Our training courses are aimed at professionals working with young people and their families in social care, health, housing, education, youth and community and youth justice sectors.

Overview of training courses 2011 - 2012

NOVEMBER

- | | | |
|----|--|--|
| 15 | Against the Odds – building resilience in young people |  |
| 16 | Counselling Skills for Non-Counsellors |  |
| 17 | Award for Working with Vulnerable Young People, Day 1 |   |
| 23 | Supporting Young Parents |  |
| 29 | Take 3 Parenting Programme |  |
| 30 | Take 3 Parenting Programme |  |

DECEMBER

- | | | |
|---|---|---|
| 1 | Take 3 Parenting Programme |  |
| 1 | Solution Focussed Approaches to Working with Young People |  |
| 7 | Understanding and Managing Anger in Young People |  |

FEBRUARY

- | | | |
|----|---|--|
| 23 | Creative Techniques for Working with Groups of Young People |  |
| 28 | Supporting Young People with Mental Health Problems |   |
| 28 | Award for Working with Vulnerable Young People, Day 2 |   |
| 29 | Young People and Risky Behaviour |  |

MARCH

- 6 **ESCAPE Parenting Programme**  
- 7 **ESCAPE Parenting Programme**
- 8 **ESCAPE Parenting Programme** 
- 14 **Solution Focussed Approaches to Working with Young People** 
- 20 **Against the Odds – building resilience in young people** 
- 22 **Abuse and Neglect of Young People**  
- 28 **Promoting Wellbeing – boosting self-esteem in young people**  

MAY

- 2 **Award for Working with Vulnerable Young People, Day 1**  
- 8 **Take 3 Parenting Programme**  
- 9 **Take 3 Parenting Programme**
- 10 **Take 3 Parenting Programme** 
- 17 **Understanding and Managing Anger in Young People** 
- 22 **Counselling Skills for Non-Counsellors** 
- 30 **Supporting Young Parents** 

JUNE

- 12 **Creative Techniques for Working with Groups of Young People** 
- 19 **ESCAPE Parenting Programme**  
- 20 **ESCAPE Parenting Programme**
- 21 **ESCAPE Parenting Programme** 
- 20 **Supporting Young People with Mental Health Problems**  
- 20 **Award for Working with Vulnerable Young People, Day 2**  
- 28 **Abuse and Neglect in Young People**  

JULY

- 3 **Young People and Risky Behaviour** 
- 11 **Promoting Wellbeing – boosting self-esteem in young people**  

 London

 Manchester

 Optional Credits or Accredited qualification
Units on the Qualifications and Credit Framework (QCF)

In-house courses

Training direct to your organisation

“ The trainer was approachable, knowledgeable and interesting.

If you have a group of participants in your workplace, you might like to commission us to deliver a training course directly to your organisation. We can offer all the courses in this brochure (accredited or non-accredited) plus many more and are happy to adapt courses or design new ones to meet your needs.

Examples of popular in-house courses not featured in this brochure:

- Group work skills
- Professional boundaries
- Prevention of suicide in young people
- Living with teenagers in foster care
- Young people and self-harm
- Supporting the parents of adolescents
- Working with troubled teenagers
- Challenging Years! parenting programme

Commissioning Services from Young People in Focus

YPF provides various services to organisations in all sectors across the UK, including research, consultation, evaluation and practice development. All of these services are designed to help organisations improve their work with young people and their families and are rooted in evidence-based approaches.

INTERVIEWS
PILOTING NEW APPROACHES
EVALUATING SERVICES
TRAINING PEER RESEARCHERS
EVALUATION OF PARENTING PROGRAMMES
PARENTING PROGRAMMES
ASSESSMENTS NEEDS
TRAINING PEER RESEARCHERS
EVALUATION OF PARENTING PROGRAMMES
FOCUS GROUPS
PARENTING PROGRAMMES
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INTERVIEWS
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TRAINING PEER RESEARCHERS
EVALUATION OF PARENTING PROGRAMMES
FOCUS GROUPS

See website or call 01273-693311 for an informal chat about what we can offer.



Courses 2011-12

Including NEW accredited courses and qualifications



EARLY BIRD OFFER Enrol two months before the start of a course and get **5% Off** the course fee

Solution Focussed Approaches to Working with Young People

This course introduces techniques and tools from a solution focussed approach to working with young people. These have proved to be very successful with young people who are experiencing a variety of difficulties, and with workers struggling to get through the 'adolescent wall'.

1 day course

LONDON
1 December 2011

MANCHESTER
14 March 2012

Against the Odds – building resilience in young people

This course explores the concept of resilience in detail. It examines issues that increase vulnerability and risk and considers how workers can develop an approach that builds on strengths and promotes resilience. It provides a refreshing approach for anyone who wants to develop preventative ways of working with young people in any setting.

1 day course

MANCHESTER
15 November 2011

LONDON
20 March 2012



Very good course, great pace and no boring slide shows.

1 day course

Counselling Skills for Non-Counsellors

MANCHESTER
16 November 2011

LONDON
22 May 2012

The course is for anyone who wants to build key skills in communicating with and listening to young people. It will focus on the development of basic counselling skills and there will be lots of opportunity for practising the skills and reflecting on their use in your work with young people.

“

Very interesting and thought provoking.

1 day course

Young People and Risky Behaviour

LONDON
29 February 2012

MANCHESTER
3 July 2012

This course will explore the role of risky behaviour in young people's lives and consider ways to work positively with young people in a way that empowers them to make healthy choices. It will also consider how to set boundaries in work with young people.

“

The trainer made the course interactive and practical.

1 day course

Understanding and Managing Anger in Young People

LONDON
7 December 2011

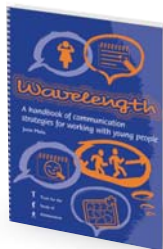
MANCHESTER
17 May 2012

This course explores the root causes and functions of anger in young people and the role of anger in relationships with workers. It introduces ways of enabling young people to find alternative ways of dealing with their feelings as well as looking at how workers can take care of themselves and stay safe.

Creative Techniques for Working with Groups of Young People

1 day course

This course focuses on a number of practical techniques to use when working with groups of young people. Participants will have the opportunity to practise the techniques and consider group dynamics theory. Each participant will receive a free copy of the publication *Wavelength* which includes 50 different techniques.



LONDON
23 February 2012

MANCHESTER
12 June 2012



The following courses have an option to gain credits from ABC awards. See page 10 for further information.

Promoting Wellbeing – boosting self-esteem in young people



1 day course

Optional credits

This course will help participants understand current debates about self-esteem and consider what works to boost young people's self-esteem, as well as what to avoid. The session will also give participants the opportunity to try out practical tools and techniques.

MANCHESTER
28 March 2012

LONDON
11 July 2012

Supporting Young Parents



1 day course

Optional credits

This course will give participants an understanding of the issues affecting young people experiencing pregnancy and parenthood. It will also focus on the most effective ways of supporting young mothers and fathers.

MANCHESTER
23 November 2011

LONDON
30 May 2012

1 day course

Optional credits



Supporting Young People with Mental Health Problems

MANCHESTER
28 Feb 2012

LONDON
20 June 2012

This course aims to increase the understanding of the key issues around mental health and young people. It covers information on possible signs of mental health problems as well as exploring practical strategies to support young people.

“

Very stimulating,
lively and enjoyable.

1 day course

Optional credits



Abuse and Neglect of Young People

MANCHESTER
22 March 2012

LONDON
28 June 2012

The aim of this course is to increase understanding of the key issues for people who work with children and young people who have been abused and neglected. It will explore the factors influencing the young people's recovery and consider helpful ways to respond to young people.

1 day course

Accredited Qualification



Award for Working with Vulnerable Young People

MANCHESTER
17 November 2011
28 February 2012

LONDON
2 May 2012
20 June 2012

This is a qualification for anyone who works with vulnerable, young people. The course includes portfolio building and assessment. It will cover:

- Factors which increase vulnerability for young people
- Protection and safety
- Communications skills – listening and asking questions
- Young people, mental health and self-esteem.

ESCAPE & Parallel Lines parenting programme

An evidence-based programme validated on the CWDC commissioning toolkit www.commissioningtoolkit.org The *ESCAPE* parenting programme promotes a problem-solving approach to help parents establish a positive relationship with their teenagers. This three-day facilitators' training course will prepare practitioners for running an *ESCAPE* programme and becoming an accredited facilitator. Each participant will receive a copy of the *ESCAPE* manual.

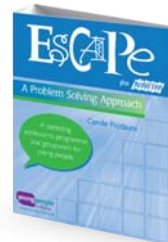
“ Course was very informative, trainer was excellent. ”

3 day course

Parenting programme

LONDON
6, 7, 8 March 2012

MANCHESTER
19, 20, 21 June 2012



Take 3 parenting programme

An evidence-based programme validated on the CWDC commissioning toolkit www.commissioningtoolkit.org *Take 3* is a comprehensive programme for practitioners working with parents who have challenging teenagers or teenagers that are at risk. This three-day facilitators' training course will prepare practitioners to run the *Take 3* programme and becoming an accredited facilitator. Each participant will receive a copy of the *Take 3* manual.

“ Excellent trainer, good pace and quality delivery. ”

3 day course

Parenting programme

MANCHESTER
29, 30 November 2011
1 December 2011

LONDON
8, 9, 10 May 2012



Training courses marked with  are linked to units on the Qualifications and Credit Framework (QCF) (www.ofqual.gov.uk/qualification-and-assessment-framework) and are accredited by ABC awards.

(www.abcawards.co.uk) Participants can either attend these days as a free standing training day or be assessed via a portfolio and use the credits towards qualifications for working with young people.

Further details on our website.

www.youngpeopleinfocus.org.uk





EARLY BIRD OFFER Enrol two months before the start of a course and get **5% off** the course fee

Band A Statutory, independent or large voluntary sector organisations

Band B Individuals or small voluntary sector organisations (less than 20 staff)

All fees include refreshments and lunch

Standard Young People in Focus cancellation charges apply (see below)

One day courses	Band A	Band B
	£155	£125

Accredited courses

including ABC registration, portfolio building support and assessment



Award for Working with Vulnerable Young People	£575	£465
Additional charge for assessed option on one day courses	£95	£85

Parenting programmes – accredited facilitator courses

includes programme manual and accreditation costs

ESCAPE & Parallel Lines	£580	£465
Take 3	£595	£475

For further information about course booking enquiries please contact:

Lise Hansen, Course coordinator,

Young People in Focus

23 New Road, Brighton BN1 1WZ

Tel: 01273 693311

Fax: 01273 647322

lhansen@youngpeopleinfocus.org.uk

For further information about course content please visit our website or contact:

Wook Hamilton, Training and Projects Manager

Tel: 01273 647343

whamilton@youngpeopleinfocus.org.uk

CANCELLATION

Please note that the following cancellation charges apply:

More than 2 weeks notice – no charge.

1-2 weeks notice – 50% of course fee payable

Less than 1 week – full fee payable.

We are, however, happy to accept a substitute if the original delegate is unable to attend, please just let us know in advance.

Please photocopy this form if you wish to book places on more than one course, or download a form from www.youngpeopleinfocus.org.uk

Please reserve place(s) on:

Course Title

Please tick for options to gain credits YES NO

Course Date

Name

Job Title

Organisation

Address

Telephone

Email

Special needs (including diet)

I enclose my cheque / please invoice for the sum of:

£ to book place(s)

Please make cheque payable to **Young People in Focus Ltd**

Please invoice my organisation
(Please give invoice address if different from organisation address)

Credit card details (Mastercard, Switch, Visa and Delta are accepted)

Card N°

Expiry date

Issue N°

Security code N°

 /

Signed

Date

Please tick if you do not want to receive information about the work, events and publications of Young People in Focus.

How did you hear about Young People in Focus, please tick box.

Brochure or leaflet Website Email

Other (please specify) _____

Young People in Focus (YPF) is a registered charity working across the UK. It was founded in 1989 as the Trust for the Study of Adolescence (TSA). Young People in Focus aims to improve the lives of young people and their families by supporting and informing practitioners and services working with young people. Our work includes:

- Practice development projects
- Research with young people and their families
- Evaluation of services
- Production of resources for practitioners
- Training
- Influencing policy makers.

For more information see
www.youngpeopleinfocus.org.uk



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Training and Development

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