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## Summerhouse Services

'Supporting Brighter Futures'



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### Practitioner Training One Day Workshop

### 'Under The Iceberg'

#### Empathic Insights & Approaches For Promoting Young People's Mental Health & Resilience

**Friday 4th November**

**10.00 - 3.30**

**Cost - £75.00 pp**

**Lunch & Other Refreshments Included**

**Venue - Saltash Social Club . The Mansion . Fore Street . Saltash PL12 6JL**

This exploratory and experiential workshop has been fully updated and is back by popular demand ! It offers you the opportunity to participate in gaining essential empathy and insights into the world of young people in relation to their experience of mental health and the challenges they face in developing and maintaining the resilience with which to cope with the ups and downs of life.

Feedback has been gained from hundreds of young people, following delivery of our highly regarded DRIFTS Resilience Programmes and 'Coping with Exams' workshops over the last 12 months. You will hear what **really** helps young people to feel supported, together with what is less helpful and in doing so, dismiss some of misconceptions, assumptions and labels that are often attached to young people today, that create barriers to safe and effective support and inhibit learning.

You will also practice and acquire a varied toolkit of practical, easy to implement and holistic supportive approaches and tools with which to help young people safely and effectively.

This workshop has been designed in response to identified need from young people, practitioners, parents and carers and offers the opportunity to address areas that fall within the Healthy School, Safeguarding, SEND, Restorative Practice and Whole School Approaches. Groups are small, friendly and relaxed and the training style is person-centred, creative and facilitative, with a variety of activities and lively interaction throughout !

#### Outcomes

- Recognise the spectrum of experience young people face when considering impacts on their mental health and resilience levels.
- Widen personal and professional empathy through holistically exploring a young person's world and how this impacts on their sense of self and wellbeing.
- Argue the risks of targeting young people in respect of their mental health or any other issue.
- Understand and establish the link between a young person's internal world and their presentation of potential mental health difficulties and how resilience building can help with this.
- Practice orbital and symbiotic supportive techniques that young people themselves identify as being helpful, safe and effective in building their resilience and personal mental health levels, without the need to target, stigmatise or 'pathologise' them and thereby promoting autonomy and self governance.
- Gain awareness of the vital importance of promoting a safe, generic, free and neutral environment for young people to help them address mental health difficulties.
- Create a practical, holistic, preventative and supportive toolkits and signposting sources, with which to support young people who **may** be experiencing difficulties with their resilience or mental health.

## Some Feedback From Previous Workshops and Young People's Offers 2021-2022

*'Thank you for providing food every week with absolutely no pressure to eat it... For those of us who don't eat enough, it has given a no pressure, safe and relaxed space to try and eat something, which is really scary.' ....(Young Person 8 weeks after having accessed the DRIFTS resilience programme. They had been hospitalised for Anorexia in the past)*

*'It's like magic ! Since doing DRIFTS I've started putting my hand up a lot more at school and joining in.'* (Young Person 3 weeks after starting DRIFTS)

*'I never realised how much was involved in listening properly ! It has made me much more aware of how to support young people well. Thank you.'*

*'This is a really eye-opening workshop; informative, enjoyable and challenging ! Thank you so much.'*

*'Thank you I really enjoyed the day ! I love the iceberg analogy; it really made sense to me and I will definitely use it with my young people. Great Job Penny !'*

*'Great tutor, Inspiring, fun, enthusiastic and reassuring; kept me on task, thanks.'*

*'A brilliant day ! Very informative, professional and enjoyable ! I would definitely recommend Summerhouse Services'*

### Booking Details

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**(Free Parking On Site)**

For bookings or enquiries please contact Penny on any of the details below. You can also follow this link to the online booking form <https://summer-house.org/workshop-booking-form> .

### Contact Details

(Please note this is not the venue address)

**Penny Logsdail**

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