

Leith Thompson

A Day Workshop: Working With Teens & Young Adults

Mahi Tahi Me Nga Rangatahi



My thoughts are hurting me...my thoughts are my worst form of self harm.

Many young people struggle with the thoughts they have of themselves.

“I hate myself ... I am not liked ... I am not likeable.”

Often, it seems that they are at war with themselves

Sadly for some, self harm becomes one of the options.

Leith Thompson has worked in the Tauranga area for the past 18 years. He has worked in private practice specialising in working with young people. Leith has contracted to Schools, WBOP PHO and BOP Therapy Foundation working with at risk teens and teaching a six week Mental Health Programmes in Colleges..



In this workshop Leith concentrates on his work with young people aged 13-18 years. He will present a Person Centred, Cognitive Behaviour Therapy, Narrative Therapy, Strength Base and Sculpting Therapy approach.

In this workshop Leith shares his knowledge of:

What is counselling? Where does change take place?

How to use a person centred approach to help young people open up.

What parts do caring, warmth, empathy, non judgement play in counselling.

How is my story helpful in reaching young people..being genuine, my real self.

Noticing all information in the counselling room, how to look for deficits in thinking.

How to teach teens Cognitive Behavioural Therapy to become aware of their own thoughts, to dispute and exchange thoughts. How to make the thoughts visible, using the power of t.shirts in therapy.

Teaching skills to understand and handle anxiety.

Teaching skills to understand and handle depression.

How to sit with young people in their hardest times...to see the thoughts that are destroying them.

How to use Narrative Therapy to help young people understand behaviours.

How to create Sculpting pictures to represent family, friendships and school.

How to use Re-authoring to help young people know that things can change.

Who would benefit from this workshop:

This workshop will be helpful to counsellors, counselling students, social workers, school deans, and those who work with young people.



Date: Tuesday 6th June 2023.

Time: 9.00am - 3.30pm

Venue: Upstairs, Central Baptist
640 Cameron Rd, Tauranga

To register email:
solacecounselling101@gmail.com
Txt or phone Donna 0274815466
Morning tea provided.

Cost: \$195.00
Students: \$175.00

01-0373-0113606-26
Reference - Name, Workshop Young
People

Workshop feedback

Very, very useful and helpful and practical.

Extremely helpful, very well organised and put together that made it very interesting and useful.

So, so helpful. Loved the handouts and the different activities. It was so great. Loved the ideas, books, materials, tools. Thank you, it really made sense of all my uni study.

Great practical teaching. Refreshed understanding to connect and improve skills.
Money and time well spent.

The material was great and useful.

The material provided has been really helpful. I am taking away a lot of information, knowledge and tools to support me in my work.

Incredible amount of material-generous. Inspiring, playful, relevant.

Yes, thank you Leith. Great reflection and refresher course. Loved the resources offered to add to my Kete. Great recommendations of books to read.

Amazing, everything was helpful and will be used.

Awesome content. Thank you so much. T.shirts - I love it. Maybe think of doing a two day course for extra time. More time with Narrative and CBT to maybe practice on each other.

Absolutely loved the practical ideas explored. The visual approaches were great.
To see how you use play in therapy.