

Leith Thompson A Day Workshop:

Working With Teens & Young Adults
Mahi Tahi Me Nga Rangatahi



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

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. 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 eighteen 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 Program in Colleges.

In this workshop Leith concentrates on his work with young people aged 13-25 years. He will present a Person Centred, Cognitive Behaviour Therapy, Narrative Therapy, Strength Base and Sculpting Therapy approach.

In this presentation Leith shares his knowledge of:

How do we help young people with their problems?

What is counselling and where does change take place?

How to sit with young people in their hardest times.

- Low self esteem, anxiety, depression and self harm.

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

- Having an emotional response to a young person's story.
- Creating a safe place, never judging young people for what they share.
- Being someone they can talk to, being seen as authentic.
- Being relevant to young people, and developing rapport.

Teaching Cognitive Behaviour Therapy.

- Noticing information, how do we know what young people are thinking about themselves?
- Teaching Meta Cognition, helping teens see their thoughts in the moment.
- Making thoughts and possibilities visible. T.shirts in therapy.
- Teaching the Disputing and Exchanging of long held beliefs.

Using Narrative Therapy

- Exploring language and noticing problem behaviours.
- Noticing strengths and exploring alternate possibilities.
- Making the desired change visible and bigger in the room.

Creating pictures of teen's lives through Sculpting Therapy.

- Reliving the painful moments.
- Wondering how they would like things to be.

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

- That one day they will determine the shape of their lives.



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

Date: Monday 2nd October 2023.

Time: 9.00am - 3.30pm

Venue: Our City Church.
133 Central Park Drive, Henderson, Auckland.

To register email:
workshops@solacecounselling.org

Cost: \$240.00
Students: \$195.00

Payment details
01-0373-0113606-27
Reference - Your name and
Teen's Workshop.



Past Workshop feedback

"very, very useful, 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. Refreshing, 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."

