



Susilodola

· · Psychotherapy & Training ·

PROFESSIONAL CERTIFICATE IN INTEGRATIVE ADOLESCENT PSYCHOTHERAPY

Professional Certificate

This course is designed in alignment with the IACP's recommendations for working with clients under 18. It is specifically aimed at qualified psychotherapists who already hold a degree (or Master's) in Psychotherapy and are looking to expand their practice to include adolescents.

Sat 23 Aug - 9.30am - 4.30pm

Sat 30 Aug - 9.30am - 4.30pm

Sat 06 Sep - 9.30am - 4.30pm

Sat 13 Sep - 9.30am - 4.30pm

MORE INFO

 0879184590

 www.susilodolacounselling.com

 info@susilodolacounselling.com

24 CPD HOURS



Approved



ONLINE VIA ZOOM

Professional Certificate in Integrative Adolescent Psychotherapy



BENEFITS OF THE COURSE:

Participants will gain comprehensive skills in conducting adolescent intakes, addressing the legal and ethical issues involved in working with minors, and effectively collaborating with parents.

The course covers key therapeutic approaches such as Cognitive Behavioural Therapy (CBT), Compassion Focused Therapy (CFT), and Person-Centred Therapy, ensuring that interventions are tailored to the unique needs and developmental stages of adolescents.

By the end of the course, therapists will be prepared to confidently work with clients under 18, integrating best practices and a holistic approach to adolescent mental health.

Guest Lecture by

Dr Malie Coyne

I am very excited to have Dr. Malie Coyne share her knowledge and expertise with you on the certificate course.

Dr. Malie Coyne is a Chartered Clinical Psychologist, Bestselling Author, Parent, and Clinical Psychology Lecturer for the Doctor of Psychological Science at University of Galway. Malie released her award-winning book "Love in, Love out: A compassionate approach to parenting your anxious child" with Harper Collins Ireland in July 2020.

Malie is Psychological Lead and Co-Author on the A Lust for Life Primary Schools Programme, which is reaching one third of primary schools in Ireland, and she is currently working on the Secondary Schools Programme. She sits on the A Lust for Life Mental Health Advisory Panel.

Malie has a special interest in neurodiversity and is conducting autism assessments with Solas Psychology. With her considerable experience of working with children and families, Malie is fast becoming one of the leading voices in compassionate parenting in Ireland. Through her advocacy work, public speaking and print, radio and television contributions, Malie shines a light on mental health issues and promotes meaningful wellbeing throughout the lifespan. Malie lives in Galway with her husband and two little ladies.

For more of her work, see www.drmaliecoyne.ie or follow Malie on Twitter and Instagram (@maliecoyne) or Facebook / LinkedIn (Dr. Malie Coyne).

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The course is delivered by

Susi Lodola MSc (MIACP, M.Ps.S.I.)

About Susi:

Qualifications:

- MSc CBT & Motivational Interviewing
- BA (hons) Psychology
- BA (hons) Linguistics
- BA Psychotherapy
- Prof. Cert. Child & Adolescent Therapy
- Prof. Cert. Mindfulness
- Suicide Intervention Training
- Diploma in Clinical Supervision

Beside running her private practice, Susi also lectures at IICP College and provides training programmes for the psychological service of the Department of Education's Health Practitioners, and is a regular contributor in the Irish Media on various mental health topics.



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Course Content

Adolescent Development:

Explore the psychological, cognitive, and emotional changes during adolescence and examines how these factors influence behaviour, mental health, and therapeutic approaches.

Intake of Adolescents into Therapy:

Gather comprehensive information on the adolescent's life, including family, school, and peer dynamics. Balancing confidentiality with parental involvement is crucial, as is assessing the adolescent's readiness for therapy and setting clear expectations from the start.

Case Formulation

This process involves considering developmental stages, family dynamics, cognitive and emotional challenges, and behavioural patterns. The formulation will guide the treatment plan, to the specific needs of the adolescent.

Clinical Skills for Working with Adolescents:

Participants will enhance their clinical skills, focusing on building rapport, managing confidentiality, and establishing strong therapeutic alliances. This section also addresses the complexities of working with multiple stakeholders, such as families and schools, in adolescent therapy.

Creative Approaches in Adolescent Therapy:

This section introduces creative methods, including the use of play, art, and symbolic strategies, to help adolescents express themselves. These approaches offer alternative ways for young clients to explore emotions and engage in therapy more effectively.

Compassion Focused Therapy Approach to Working with Teens:

Compassion Focused Therapy (CFT) plays a vital role in helping adolescents manage self-criticism, shame, and emotional regulation. This approach fosters self-compassion and emotional resilience, supporting teens as they navigate difficult emotions and anxieties.

Cognitive Behavioural Therapy (CBT) Approaches:

An in-depth exploration of CBT, particularly Beck's model, tailored for adolescents. Participants will learn to identify and challenge cognitive distortions, address maladaptive behaviours, and integrate CBT with person-centered techniques to create a supportive and adaptable therapeutic process.

Course Content

Clinical Practice:

Participants will develop practical skills and engage in case-based learning to enhance their therapeutic effectiveness.

Using Assessments and Progress Tracking:

Participants will explore the most effective assessment tools for adolescent clients and learn how to track progress over time. This section emphasizes using data from assessments to inform treatment plans and ensure that therapeutic goals are being met.

Structuring Therapy with Adolescents:

This topic covers how to structure the entire course of therapy, from initial assessments to goal setting and treatment planning. It highlights the importance of creating a flexible, developmentally appropriate framework that can be adapted to the individual needs of adolescent clients.

Parental Considerations in Therapy:

Participants will learn strategies for effectively engaging parents and caregivers in therapy, balancing the adolescent's need for confidentiality with family involvement. This section focuses on how to collaborate with parents to enhance therapeutic outcomes.

Ethical Considerations in Adolescent Psychotherapy:

This section addresses the ethical issues specific to working with adolescents, such as confidentiality, informed consent, and the legal considerations of working with minors.

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Delivered online via Zoom

Dates: 2025

Sat 23 Aug - 9.30am - 4.30pm

Sat 30 Aug - 9.30am - 4.30pm

Sat 06 Sep - 9.30am - 4.30pm

Sat 13 Sep - 9.30am - 4.30pm

Live online interactive workshop

Cost: € 575

Deposit €100 to secure your place

Cancellation Policy / Terms and Conditions

- To reserve your place on the course, a deposit of €100 is required. This deposit is part of the full course fee and must be paid at the time of registration to secure your booking.
- **Payment of Full Course Fee**
- The full course fee must be received by 21st Jan/23 Jul 2025. If payment is not made by this date, your place on the course may be forfeited.
- For your convenience, instalment payments can be arranged. Please contact me to discuss this option.
- **Changes to the Programme**
- Every effort is made to deliver the courses as advertised on my website and in the course brochure. However, I reserve the right to make appropriate changes to the course content or structure, if necessary. Should any changes occur, students will be notified at the earliest opportunity.
- Cancellations made before 21st January 2025 will receive a refund of the amount that has been received.
- Cancellations made after 7th February/30 July 2025 will not be eligible for a refund.
- Courses are subject to demand and the formation of a viable class. In the event that the programme does not proceed due to low enrolment or other unforeseen circumstances, a full refund, including the deposit, will be provided to all applicants.
- Contact for Cancellations or Changes
- For all cancellations, payment inquiries, or requests for changes, please contact me directly via email or phone as soon as possible.



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This is what past participants of Susi's training programmes have to say:

Steven O'Riordan – Psychotherapist

Susi Lodola's Professional Certificate in Cognitive Behavioural Therapy (CBT) has been an enriching journey. The course dives deep into cognitive restructuring and case formulation, equipping us with the tools to collaboratively guide clients towards their goals. Susi's programme offers a wealth of knowledge and practical skills to add to your therapeutic toolkit right away. You'll gain a deeper understanding of human functioning, exploring the interconnectedness of thoughts, feelings, bodily sensations, and behaviours. This holistic approach empowers you to effectively explain the CBT model, translate it to clients with fluency and support clients in taking action. A big thank you to Susi and my fellow participants for this fantastic learning experience!

Johnny Ghiurcut – Psychotherapist

The course solidified my understanding of the cognitive-behavioral model (Beck), emphasizing the interplay between thoughts, emotions, and behaviors. I gained insights into how cognitive distortions and maladaptive behaviors contribute to client's psychological distress. The practice sessions and exercises allowed me to apply CBT techniques in my practice. The hands-on approach helped build my confidence in using interventions such as cognitive restructuring and exposure therapy, socratic questioning. CBT Skills Certificate program has been an enriching and transformative experience. The knowledge and skills I have acquired are invaluable additions to my therapeutic toolkit. I feel well-equipped to implement CBT strategies effectively and look forward to applying these techniques to help my clients achieve better mental health outcomes. I highly recommend this program to anyone seeking a thorough and practical understanding of Cognitive Behavioral Therapy.

Maureen Bolger – Psychotherapist

I Found the course very helpful and brought a lot of new ideas and new techniques to use, especially while working with young people. I Loved the learning from the other participants in the group, and Susi was amazing, full of knowledge, very calm, and I enjoyed every minute of it. Look forward to putting my learning into practice.

This is what past participants of Susi's training programmes have to say:

Dr Helen O'Brien -Nutritional Therapist

I just wanted to send you my sincerest thanks for the most fantastic day of training last Wednesday. I have to say I enjoyed every minute of it. I absolutely loved your honest, compassionate and supportive approach to your clients and to your teaching of us -which shone throughout the whole day.

I've been a nutritional therapist now for over 25 years mostly supporting clients with tummy problems, menopausal symptoms and general immune issues. And I've often realized that there are big gaps in what I'm doing. I've always been a very prescriptive style of practitioner and while I know this very works very well for the clients who need that kind of support- I know I would love to educate myself to be able to give them more ongoing support. I've recently started offering 12-week programs for clients instead of one-off sessions and the great thing is that the clients have benefited greatly - we've got to know each other better throughout the sessions and it's been fantastic. So I would love to continue this type of longer connection to the client as I think it's a great benefit to them and to myself as well. Thank you again for most fantastic day Susi-It was absolutely brilliant!

Martina Fitzpatrick -Psychotherapist

I attended Susi's two-day workshop on Weight Management using CBT, Motivational Interviewing and Mindfulness Interventions.

From a personal and a professional point of view the workshop is informative and enjoyable. There is depth to the understanding and application of the process in working with clients.

Susi's knowledge, experience, warm personality and passion for this area is very evident....even through Zoom. Highly recommended!

Melissa Hanley - Psychotherapist

I have attended Susi's first two day IACP accredited workshop on applying Cognitive Behavioral Therapy and Motivational Interviewing with clients to support them in changing their lifestyle and to lose weight. Susi was a fantastic presenter and the content of the workshop was not only evidence based research but reflected on people's experiences also. I am eager to implement the skills and what I have learned from Susi in my clinical practice to help my clients gain insight into their relationship with food and overall well-being. Thank you susi for providing not only your knowledge in this area but for a really engaging and interesting workshop. I can highly recommend this to nutritionists, dieticians, nurses, counsellors and psychotherapists to inform their practice. Thanks Susi

Aine Connaire - Psychotherapist

I just attended Susi's mind over body workshop for professionals and would highly recommend it to any psychotherapists or nutritionists who are interested in learning more about how to help their clients develop a healthy lifestyle and improve their relationship with themselves and their health. I learnt so much and gained loads of information and tools that I am looking forward to using with my clients in my own work as a psychotherapist. Thanks Susi!

This is what past participants of Susi's training programmes have to say:

Barbara Edwards - Life Coach

I am delighted that I decided to attend Susi's workshop. I got so much from it and I can't wait to implement it through my coaching practice here in Donegal. Susi delivers in such a relaxed and informative way making the learning a thoroughly engaging and enjoyable process. Highly recommended. Thank you so much Susi

Frances Walsh - Psychotherapist

I attended Susi's first 2-day IACP accredited workshop on applying CBT and MI in working with clients with issues around food/weight. Susi is a very engaging trainer, the materials she presented are well researched and evidence-based, and the workshop was interactive and informative. The training will be particularly helpful for psychotherapists or nutritional therapists in working with clients with emotional eating behaviours and in changing mindsets to decrease sabotaging behaviours. Thank you Susi

Olivia Beck - Nutritionist

Susi is very knowledgeable about the role CBT plays in weight management. As a practitioner, she's given me practical tools that I can utilise in my business as a Nutritionist

This is an amazing 2 day workshop and very good value for money. The logic of using CBT principles of learning theory to modify unwanted eating behaviours is impressive in its simplicity. It helps us take control of the ways we use foods, not only to satisfy our hungry but to meet many emotional needs.

Toni Woodman - Psychotherapist

Susi shares her vast experience and knowledge in a most interesting and professional way making it simple and fun to take more control of this part of our lives - a well worthwhile two days.

Book your place now

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