

Professional Certificate

IN INTEGRATIVE ADOLESCENT PSYCHOTHERAPY

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.

Dates:

Sat 4th Oct
Sat 11th Oct
Sat 25th Oct
Sat 8th Nov

Time:

9.30am - 4.30pm

Cost: €575

MORE INFO

 0879184590

 www.susilodolacounselling.com

 info@susilodolacounselling.com

24 CPD HOURS

 **iacp**
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.



The courses are delivered and developed by

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

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



Susi Lodola is an experienced psychotherapist and clinical supervisor, known for her engaging and practical approach to training and development. In her private practice, she helps clients build emotional resilience and navigate mental health challenges through evidence-based therapeutic approaches. As a clinical supervisor, Susi supports fellow therapists in deepening their skills and confidence, fostering professional growth and enhancing therapeutic outcomes.

Alongside her clinical work, Susi is a lecturer at IICP College, where she plays an integral role in shaping the next generation of psychotherapists. Her teaching blends academic theory with real-world insights, ensuring students gain not just knowledge but the confidence to apply it effectively in practice. Susi's ability to simplify complex concepts and create a supportive learning environment consistently receives positive feedback from students, many of whom credit her for advancing their professional development.

Beyond academia, Susi delivers corporate workshops on mental health and wellbeing, equipping organisations with tools to foster healthier, more resilient workplaces. She has also provided specialist training for mental health practitioners, including those working within NEPS (National Educational Psychological Service).

A strong advocate for continuous learning, Susi deepened her expertise by attending a specialised CBT workshop at the Beck Institute in Philadelphia, focusing on CBT for weight management. This advanced training enhances her ability to support clients struggling with emotional eating, providing them with practical and effective strategies grounded in CBT principles.

Susi's reputation as a trainer extends to her Continuing Professional Development (CPD) courses, which are recognised for their engaging delivery and immediate applicability. Her CPD programmes focus on practical, evidence-based skills across areas such as CBT, adolescent mental health, and emotional eating. Each course is designed to equip participants with tools they can confidently bring into their practice. Approved by the IACP, her workshops consistently attract therapists seeking high-quality, impactful training that enhances their professional growth and clinical expertise.

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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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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Psychotherapy & Training

Delivered online via Zoom



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 4th Sep, 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 4th Sep, 2025 will receive a refund of the amount that has been received.
- Cancellations made after 4th Sep, 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.



Psychotherapy & Training

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

I have attended Susi Lodola's four day Professional Certificate in Integrative Psychotherapy for Adolescents and found it a very insightful and enjoyable experience. I found the four days extremely useful in enhancing my knowledge as a therapist for navigating ethical dilemmas when counselling adolescents, navigating parental involvement and therapeutic techniques I can use in my work going forward with adolescents. As an educator, I enjoyed Susi's style with regard to delivering the content and she made it very engaging throughout. Susi has a wealth of expertise and I recommend this programme for any therapist looking to increase their competencies for adolescent therapy. I am looking forward to implementing what I learned into my work going forward and I have greater clarity regarding the complexities that are involved when counselling teens.

Jimmy Williams
Cognitive Behavioural Therapist; Counselling;
Psychotherapy; Performance Psychology
Specialist

I just wanted to say a huge thank you for such a brilliant course. I found the Adolescent Integrative Certificate to be incredibly well thought out and packed with practical tools that I've already started using in my work. It's given me such a boost in confidence when it comes to working with adolescents, and I feel much more grounded in my approach now. The resources provided were absolutely invaluable, so comprehensive and useful, not just for now but something I know I'll be returning to again and again. Susi's teaching style was so engaging and relatable. She brought so much clarity, warmth, and authenticity to the material, and made what could be complex content feel really accessible and applicable. Thanks again - this course has genuinely made a big difference to both my learning and my practice.

Jen Conefrey,
Psychotherapist

This course was extremely interesting, practical and enjoyable. It packed an enormous amount of learning into a short time and left me feeling confident and well equipped to work with young people. I particularly liked the supportive nature and guidance provided by Susi throughout the course.

Orlaigh Byrne
Psychotherapist

The course was great. The delivery was nicely paced, very relaxed and easy to follow. The materials provided were very good and gave a good all round view with lots of practical tips and tools to take away. The lecturer was very generous with her time and materials. I would definitely recommend this to others.

Paula Lawlor
Psychologist and Psychotherapist

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

After completing the course, I now feel that I have all that I need to start working with adolescents. Susi provided excellent resources, skills and interventions to support us in beginning work with young people. She shared generously from her own professional experience which was so helpful. The creative work is something which I have developed more confidence in since completing the course. I am excited to be able to bring in what I have learned into the work.

*Catherine Meagher
Psychotherapist*

Suzi, your course really helped me getting more confidence to work with teens. As you said we have the skills the difference is how to apply them with young people. Materials were great and the book you recommended is also very good and easy to read. I will always be nervous with the first teen but I am always anxious when I meet a new client. I will definitely recommend your course to colleagues.

*Ana Moore
Psychotherapist*

The course was wonderful. It gave a good balance between theory and practice and was research informed. Lots of supporting material was provided and the approach to teaching was varied throughout each day. Susie has a lovely way of teaching and facilitating that made it even more enjoyable. I would highly recommend the course.

*Leo Muckley
Psychotherapist*

I learned so much from this course and am very pleased I attended. I feel more confident working with adolescents. The amount of materials shared alone is of such value, and I feel like I am really setting myself up for success after this course.

*Deimante Malisauskaite
Psychotherapist*

Feedback from past participants

It has been an incredibly enriching and empowering experience from start to finish. The structure, content, and delivery exceeded my expectations, providing not only valuable knowledge but also practical tools that I feel I can confidently integrate into my therapeutic practice. The lecturer's expertise and engaging approach made complex concepts accessible and applicable, particularly in understanding adolescent development through a therapeutic lens.

The inclusion of key psychological frameworks, such as Dr. Dan Siegel's "Flip the Lid" analogy, Maslow's Hierarchy of Needs, and the three emotional circles (threat, drive, and soothing), offered both depth and clarity. These tools, alongside discussions on contracting, confidentiality, consent, and outcome assessments, have significantly enhanced my confidence and ability to work effectively with young people. What stood out most was the emphasis on parental engagement and the recognition that parents themselves may carry trauma.

This holistic perspective has refined my approach, ensuring that I consider the broader system surrounding an adolescent. The course materials were well-structured, informative, and highly applicable, making the learning process both engaging and practical. The interactive nature of the training encouraged self-reflection and deepened my understanding of how to tailor interventions to meet adolescents' unique needs. Overall, this course has been invaluable in strengthening my clinical practice, deepening my insight, and reinforcing best practices when working with young people. I feel much more prepared, confident, and attuned to the developmental stage of adolescents, which will undoubtedly enhance my work moving forward.

I would highly recommend this training to any professional working with adolescents, as it provides a solid foundation in evidence-based approaches while also fostering adaptability and reflective practice. Thank you so much for providing such a high-quality learning experience.

Emaior Hartnett, Psychotherapist

Fantastic learning from both Susi, and the individuals in the group. Great discussions and interactions. Plenty of materials and a nice blend of presentation and practice

*Samantha O'Sullivan
Psychotherapist*

Well worth doing. Lots of excellent materials. Susi has a lovely authentic approach, she provides a huge amount of useful material and was very supportive.

*Bev Webster
Owner Think Better: Psychotherapist &
Coach; Mental Health Facilitator &
Consultant*