



The Owl Centre

Summer Workshops

(Dates to be confirmed)

Over the summer we will be running several remote psychoeducational workshops. Further information about some of these can be found below.

If you'd like to join a workshop or have a topic/area of concern that you'd like a workshop for, please complete our contact form and we'll get back to you as soon as we can

theowltherapycentre.co.uk/contact-phone

Prices available on enquiry

OUR WORKSHOPS

Exploring the stages & changes for children moving into pre-teenhood workshop

Through an emerging, growing body of research, we know that the middle years are a critical period of transition and development with lifelong impacts. During this period, children are seeking to gain greater independence from their parents, start to explore who they are and who they want to be, consider gender roles, develop critical thinking and in some cases start to grapple with physical changes. The aim of this workshop is to provide parents with a developmental framework to better understand the processes their children are experiencing.



Birth to 5: Understanding your child through ages and stages workshops



During the first 5 years of life, the human baby goes through incredible developmental changes and growth. In this series of workshops, Tara McDonald aims to support parents to navigate through the different needs that present at different stages. Providing psychoeducation and an exploration of every day topics from tantrums and tears to sleeping and screen time, this series aims to provide parents with answers and the opportunity to ask questions and share time with other parents and carers.

Workshop 1: 0-18 months

The first 18 months of a baby's life are the most crucial. During this one hour workshop, parents will discover the development of the infant brain, how to build a strong relationship with baby and what you can do to ensure healthy growth.

Workshop 2: 18 months to 3 years

Who is your toddler? Now your little one is taking off..... what do I do if my toddler bites? How do I manage tantrums? Can I help build positive self-esteem in my child? During this one hour workshop, Tara will explore all these areas with you and answer any questions you may have.

Workshop 3: 3 to 5 years

Time to start school.... Find out how important play is for your child. Should they be sharing? How can I manage 'naughty behaviours'? This workshop will look at the pre-school child, what is 'normal' behaviour and what expectations we should have on them as they become more independent.

Eating Disorder workshop



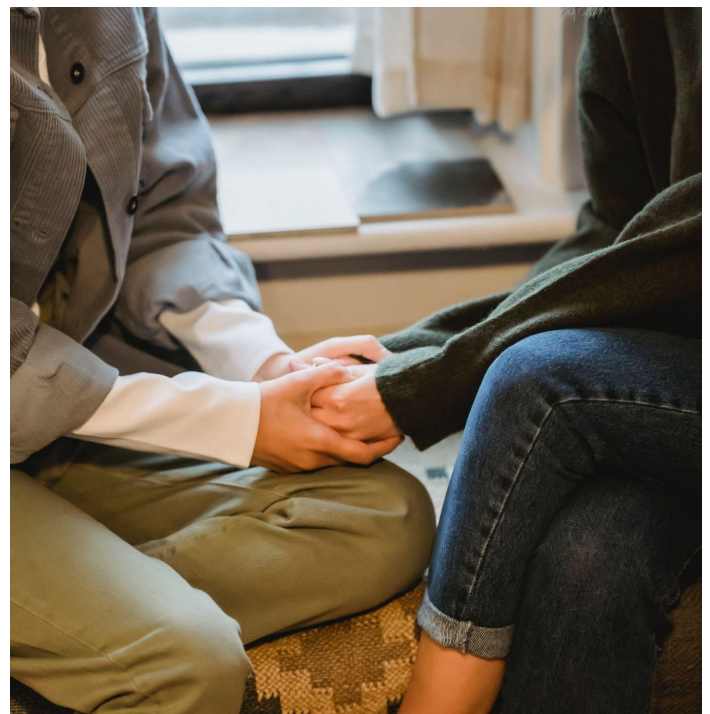
This workshop is designed to help build your knowledge and understanding of eating disorders. The session will introduce you to eating disorders, highlighting their complex nature and myth-busting common misconceptions. A brief overview of the main types of eating disorders, such as anorexia nervosa, bulimia nervosa, and binge-eating disorder, will be provided, along with some of the known causes, potential physical consequences of eating disorders (e.g., starvation syndrome) and compensatory behaviours that can maintain eating disorders. The final section of the workshop will explore how parents, carers and other family members can support their loved ones living with an eating disorder. Helpful resources and reading suggestions will be shared at the end.

This workshop is recommended for individuals supporting others with eating disorders, as well as professionals wanting to gain more understanding and awareness of eating disorders.

Post Traumatic Stress Disorder Workshop

This workshop aims to provide participants with a deeper understanding of the causes, symptoms, and effective strategies for supporting individuals affected by post-traumatic stress disorder (PTSD). The workshop explores the impact of trauma on the brain and the body's stress response system, helping participants understand the physiological and psychological effects of traumatic experiences. This includes commonly experienced symptoms, such as intrusive thoughts, flashbacks, hypervigilance, avoidance behaviours, and negative emotions. Helpful strategies and how to support others with PTSD are discussed and shared, along with useful resources and reading.

This workshop is recommended for individuals wanting to gain more understanding of PTSD and supporting others with PTSD.



Attachment Workshop



This workshop explores attachment theory and how our attachment styles can influence our social and emotional development. The workshop is aimed at individuals wanting to know more about attachment theory, and particularly for individuals supporting young people with attachment difficulties, personally or professionally. Over an hour and a half, this interactive workshop aims to enhance understanding of attachment styles, self-awareness, empathy, and share strategies to support secure connections. There will be moments of reflections and group discussions throughout the workshop, which are designed to allow attendees to share their thoughts and experiences with others.

Anxiety workshops for teenagers Workshop

This workshop will explore different types of anxiety, and will recognise useful responses to support young people struggling with anxiety. The aim is to share coping skills such as grounding and relaxation, how to learn breathing techniques, all aimed to help reduce anxiety levels. During the workshop we will explore how to develop strategies and ways of communicating with young people to support them to manage their anxieties. There will be moments for open discussions to allow you to share your experiences. By the end of the workshop we will have talked about the different aspects of anxiety and the ways in which we can support our young people.



Managing your child's anxiety workshop



Does your child get overwhelmed by worries or anxiety? This workshop is aimed to learn about anxiety, it will give you skills to recognise and manage symptoms of anxiety in children, identifying those triggers that may cause them anxiety. We will discuss breathing and other relaxation exercises for when they are feeling anxious. Supporting children to manage anxious thoughts. We will explore coping strategies to help reduce levels of anxiety. There will be moments for open discussion to allow you to share your thoughts and experiences. At the end of this course we will have discussed anxiety and how it impacts our children, recognising those triggers and will have explored how to manage those feelings of anxiety.

Behavioural Activation workshop

The aim of this workshop is to identify key principles and practices of behavioural activation. We will explore how this approach has been shown to be successful in reducing levels of depression in a wide range of people in a wide variety of situations. This approach is efficient, easy to learn and works across different age ranges, depression severity and cultures. During this workshop you will explore techniques associated with behavioural activation. These include learning to recognise the behavioural traps that perpetuate depression and how to build up the confidence, motivation and resilience to achieve personal goals and support a shift in low mood.



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