

The intensive blended learning course explores the unique developmental tasks, mental health challenges, and therapeutic needs of emerging adults, commonly seen as spanning the years between 18 and mid- to late-20's. Participants will develop expertise in trauma-informed and neurodivergent-sensitive approaches, creative methodologies, and short-term therapeutic interventions. Through a combination of in-person and online learning, including case presentations, peer supervision, and small group supervision, participants will engage with experiential learning, practical casework, and cutting-edge research. We will integrate theory with practice, drawing on neuroscience, attachment theory, and expressive arts therapy to offer a holistic approach to supporting emerging adults. We will explore the characteristics of the emerging adult and the associated developmental tasks. Many struggles are typical during this phase. In addition to considering the typical developmental challenges, we will consider this stage of life the client with continuing mental health struggles from earlier life stages and clients with newly emerging mental health challenges. We will consider the contexts in which these clients may present for therapy – maybe in the college setting, the workplace, or within a private, statutory or voluntary service. Some settings will focus specifically on supporting clients with trauma histories, neurodivergence, crisis situations, self-harm, suicidal ideation, disordered eating etc. We will address the opportunities and challenges offered by short-term work which may be prescribed in some work environments. The aware therapist will focus on the full person of the client, and connect in a way that allows for connection with left-brain restorative processes as well as right-brain solutions. Specific expertise is necessary if we are to work well and create a space where therapy can flow with this client group. The course aims to meet an identified need for 1) child and adolescent, and 2) adult, psychotherapists, counsellors and play therapists who wish to expand their client base and skills in working with clients in late adolescence/early adulthood

IACP CPD approved for 48 CPD Points

Application Form



Working with Emerging Adults: A Practitioner Award

Name.....

Address.....

Email.....

Tel (Home).....

Tel (Mobile).....

Date of Birth.....

Relevant Qualification(s)

Include training provider, awarding body and date of award(s):

Present Occupation.....

Full-time

☐

Part-time

☐

Accreditation:

Current Supervision Arrangements:

Relevant Professional Experience

Current Employer and Employment

Tell us a little about your current client practice including age range of clients

Please indicate, by ticking this box, if you have any disability or impairment that may require accommodations ☐

Details (if comfortable to complete)::

Please indicate, by ticking this box, that you have paid the €50 application fee online ☐

Suitable Applicants

This training is suitable for trainee and qualified play therapists, counsellors, psychotherapists, creative arts therapists, psychologists, and other mental health professionals working within the range of psychotherapeutic modalities with clients of all ages.

Course Leader: Michelle Fahy

Michelle is an experienced psychotherapist, group therapist and clinical supervisor who works with children, adolescents, adults, families and groups in her own private practice as well as in community, corporate and training sectors. Michelle has been actively involved in facilitating groups for over 20 years, working with community groups, development groups, outreach programs, special needs, positive mental health promotion, and has worked across all facets of the educational system from Montessori to Third Level. She advocates experiential and creative therapeutic methodologies in her work as fundamental to supporting body-mind harmony. Michelle facilitates group process sessions at CTC and is our Wellbeing Officer.

Course Structure

This course runs over 7 full days (10am – 5pm), and 3 separate online supervision sessions. Days 1, 3, 5 and 7 are in person and Days 2, 4 and 6 are online (synchronous via Zoom). As this is a practitioner award, engagement in 20 clinical practice sessions, and 5 supervision sessions, are required. This supervision is included in the course. Full day sessions take place from 10am – 5pm, with a morning and afternoon tea/coffee break and a one hour lunch break. For onsite training days, students may eat their packed lunch in the Centre or may choose to eat out locally in the small café in Ballymore.

Assessments:

1. *Case presentation and written report (1500 words)*
2. *Continuous assessment of active participation*

Venue: CTC, Slievenagorta, Ballymore, Mullingar, Co Westmeath, N91 CC65

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Overview of Content

- Day 1: Exploring the Developmental Tasks
- Day 2: Mental Health Challenges
- Day 3: Creative Methodologies
- Day 4: Short-Term Therapeutic Interventions
- Day 5: Trauma and Neurodivergence
- Day 6: Addressing Crisis and Complex Presentations
- Day 7: Case Presentations and Supervision

The 2025 course will run on 15th Mar 25, 14th Apr 25, 19th May 25, 21st June 25, 12th July 25, 18th Aug 25, and 2th Oct. Apr, June and Aug modules are online, the other 4 dates are onsite in Ballymore. Dates for online small group supervision sessions will be set at the beginning of the training.

It is important to attend all training sessions. Please indicate any anticipated absences.

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**Usual Course Fee is €1200. Launch offer: €200
Discount to first 10 participants to enrol!**

Please return completed application form to Siobhán: ctcsiobhan@gmail.com Your application will only be processed when you have paid the €50 application fee – see details below.

Fee payments: Please pay the €50 application fee on our website [HERE](#)

A non-refundable deposit of €250 (inclusive of the application fee) is required to confirm acceptance of a place on this course.

Children's Therapy Centre



Practitioner Certificate in Creative Therapy with the Emerging Adult

Blended learning course

IACP CPD Approved

Information and Application

ctccourseinfo@gmail.com