

Adolescence
& Beyond
Conference
ABC

1st Annual Conference 2024

**SUPPORTING CONTACT AND
CONNECTION IN ADOLESCENT
DEVELOPMENT**

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TABLE CONTENT

- Welcome Message
- About Adolescence & Beyond
- Our Aim
- What's in it for you?
- Agenda
- Want to ask a question
- Our Speakers

WELCOME MESSAGE

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Gina Dermody

Adolescent, Young Adult & Family Psychotherapist
Adolescent and Beyond Conference Organiser

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ABOUT ADOLESCENCE AND BEYOND

Uncover the significance of contact and connection during Adolescence! This conference focuses on empowering professionals to deepen their understanding of Adolescent Development, fostering improved support for adolescents and their families. Dive into critical themes like anxiety, stress, and overwhelm, as experienced speakers share insights and discuss the essential skills and competencies for successful work in this vital area.

Why Now?

Anxiety and stress are pivotal factors in Adolescent Development. Adolescence, marked by rapid physical, emotional, and cognitive changes, often leads to increased levels of anxiety and stress. From school refusal to various presentations, professionals are encountering diverse manifestations. This conference addresses these challenges head-on, emphasizing the urgency of effective recognition and intervention to create comprehensive support systems from professionals and parents alike.

OUR GOAL

How Will It Help?

Designed for psychologists, therapists, counsellors, educators, social workers, and healthcare providers, this conference is a must-attend for those shaping the future of adolescent support. Gain insights into evidence-based practices, therapeutic interventions, and effective communication strategies. Connect with diverse professionals, learn best practices, and engage in an environment that promotes growth, collaboration, and comprehensive support for adolescents and their families.



WHATS IN IT FOR YOU

Unlock Your Professional Potential at the Annual Adolescence and Beyond Conference!

Deep Insights

Explore the importance of contact and connection in adolescence, enhancing your understanding of adolescent development.

Skill Enhancement

Address major themes like anxiety, stress, and overwhelm, gaining practical skills and competencies crucial for successful work in this specialised that is Adolescent Development.

Networking Opportunities

Connect with professionals who share your passion. Establish a network of support for adolescents and families, fostering a shared understanding of skills and abilities.

Holistic Growth

Delve into underlying themes contributing to symptoms of anxiety, stress, and shame, promoting not just professional competence but personal growth.

Effective Interventions

Understand the causes and contributing factors to anxiety and stress in adolescent development, equipping yourself with tools for providing appropriate interventions and support.

Comprehensive Support Systems

Recognize and address anxiety and stress effectively, contributing to the development of comprehensive support systems from both professionals and parents.

Interdisciplinary Learning

Join a diverse range of professionals – psychologists, therapists, counsellors, social workers, educators, and healthcare providers – for a unique opportunity to learn, engage, and share best practices in adolescent development and beyond.

Don't miss this chance to elevate your expertise, connect with like-minded professionals, and contribute to the well-being of adolescents and their families. Secure your spot now for a transformative experience!

THE AGENDA

9.15 am:	Registration, Tea & Coffee
10.00- 10.05	Opening Address Gina Dermody
10:10- 10.15:	Dr. Mary O Kane Introduce the conference
10.15:	Dr. Malie Coyne "Title of Presentation"
11.05:	Dr. Mary O Kane introduces next speaker
11.10:	Richard Hogan "Title of Presentation"
12.00:	Panel Discussion, Questions & Answers
12.30:	Mary O Kane gives a recap of conference so far
12.45 – 2.00:	Lunch
2.10:	Stella O Malley " Title of Presentation"
3.00:	Mary O Kane to introduce next speaker
3.05:	Josen Mc Grane "Title of presentation"
4.00:	Questions & Answers
4.25:	Closing Address Gina Dermody

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WANT TO ASK A QUESTION ?

You can do so using the QR Code below or log into **Slido.com** and use the following code.

3894426

OR

Scan me



MEET THE TEAM

Mary O Kane

Lecturer in Psychology & Education and Author



Dr Mary O'Kane is a Lecturer in Psychology, Early Childhood Studies and Education. Her research interests include childhood transitions; self esteem and wellbeing, and the value of play. Mary is a regular contributor to Newstalk Radio; RTE Drivetime, and a range of other national and local radio shows discussing a broad range of parenting issues. Her first book, *Perfectly Imperfect Parenting: Connection not Perfection*, was published in 2021. Her second book *Anxious Children in an Anxious World* will be released in April 2024.

<https://www.drmaryokane.ie/perfectly-imperfect-parenting/>

Josen Mc Grane

Child and Adolescent Psychiatrist



JOSEN MC GRANE is currently working as a Senior Registrar in Psychiatry with the Louth Community Mental Health Team, as part of Dual Higher Specialist Training in Child and Adolescent Psychiatry and General Adult Psychiatry. Josen graduated with a 1st Class Honours in English and Sociology from Trinity College, Dublin following which he studied Medicine in UCD. He then trained in General Adult Medicine in Adelaide and Meath Hospital, Tallaght, and St James' Hospital where he obtained his membership of the Royal College of Physicians in Ireland. He completed his Basic Specialist Training in Psychiatry and obtained membership of both the Royal College of Psychiatrists and the College of Psychiatry in Ireland. Josen graduated with an A in the Masters in Adolescent Psychotherapy via the Dublin Counselling and Therapy Centre in collaboration with the University of Northampton. As part of this MSc, Josen submitted a dissertation under the supervision of Bronagh Starrs, entitled "Neither Here nor There: A Qualitative Systematic Review of the Experience of Psychotherapy for Youth with ADHD." Josen also currently works as a part-time Psychiatry lecturer to Medical Students in RCSI and a part-time researcher under the supervision of Professor Mary Cannon in RCSI. He is a member of the College of Psychiatry Special Interest Group in Youth and Mental Health. In his spare time

Josen likes to park-run, gym, go to gigs, and laugh with colleagues and friends.

MEET THE TEAM

Richard Hogan

Family Psychotherapist and Author

Richard Hogan is a systemically trained Family Psychotherapist registered with The Family Therapy Association of Ireland. He writes every Thursday for the Irish Examiner. His column 'Learning Points' explores his progressive approaches to mental health promotion. He is the author of the best-selling book 'Parenting the Screenager'. This book is a practical and accessible guide for parents of the modern child. The book received critical acclaim from The Irish Times as a 'must buy for any parent of a teenager'. His recent publication, 'Home is where the Start is' was a national bestseller and shortlisted for an Irish book award. He is the clinical director of the award-winning psychotherapy and counselling service Therapy Institute. Trinity College Dublin invited Richard, in 2017, to undertake a PhD with the university to explore how his paper, 'systemic practices in education' could be introduced into the Irish educational system. Richard was awarded a Fulbright scholarship for his work in 2020 and travelled to America in 2021 to carry out research in a leading American University on how to better promote inclusion in Irish and American Schools. Richard is the leading contributor on RTÉ 'Raised by the village'. Richard is also an expert contributor on Virgin media's most successful launch of an original programme, 'Eating With The Enemy'. He is also a regular contributor on shows such as, Drivetime RTÉ Radio 1, The Hard Shoulder Newstalk, The Today Show RTÉ, Ireland AM Virgin Media, The Tonight Show with Claire Brock, and he is a regular contributor on The Brendan O' Connor show where he offers his expertise and progressive strategies for better mental health promotion.

Dr. Malie Coyne

Clinical Psychologist and author

Dr. Malie Coyne is a Clinical Psychologist, Bestselling Author, Parent, and Adjunct Psychology Lecturer at University of Galway, who sits on the Mental Health Advisory Panel for the A Lust for Life charity and is Psychological Lead for their Mental Health Schools Programme. 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. 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 (X) and Instagram (@maliecoyne) or Facebook / LinkedIn (Dr. Malie Coyne).



MEET THE TEAM

stella O Malley

Psychotherapist and Speaker



Stella O'Malley is a Psychotherapist, author, and public speaker. Maintaining a private practice primarily dedicated to parenting, family dynamics, and teens, Stella's work focuses on mental health and the importance of well-being. She is a regular contributor to the Irish Independent, the Sunday Independent, RTE, Newstalk FM and other media across the world. Stella's first bestselling book was called 'Cotton Wool Kids', she then released 'Bully-Proof Kids' in 2017, 'Fragile', in 2019 and, in March 2023, "What your teen is trying to tell you". Stella is the co-host of the popular podcast, Gender: A Wider Lens; and is also, the co-author of 'When Kids Say They're Trans' along with therapists Lisa Marchiano and Sasha Ayad. Stella is also the founder and director of Genspect, an international organisation that offers a healthy approach to sex and gender.



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At Milo Media Design, we take pride in offering comprehensive management of all your advertising, social media, and design needs. Our dedicated team at Milo Media Design is committed to providing a full suite of services to enhance your brand presence, engage your audience, and elevate your visual identity.

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