

Adolescence
& Beyond
Conference
ABC

**Friday 22nd
March 2024**

1st Irish Annual Conference 2024

**SUPPORTING CONTACT AND
CONNECTION IN ADOLESCENT
DEVELOPMENT**



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ABOUT GINA DERMODY

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Director Of AdolEssence & Beyond, Tuam, Co. Galway.
Podcaster AdolEssence & Beyond

Gina Dermody

Adolescent, Young Adult & Family Psychotherapist
ABC: Adolescence & Beyond Conference Organiser



Meet Gina Dermody, Adolescent, Young Adult and Family Psychotherapist. Gina Dermody is an accredited Adolescent and Family Psychotherapist with IACP. She has a background in both Social Work and Psychotherapy, and has completed further masters training in Adolescent Psychotherapy. Gina runs a private practice in Co Galway called "Adolescence and Beyond." Her primary focus is on providing therapy to Adolescents, Young Adults, and Parents. Gina's expertise is centred around supporting Adolescent development, understanding parenting styles, and navigating young adulthood. She has a particular interest in working with Neurodiversity. Gina has developed the School Space Program, which is offered to TY students in secondary schools. This interactive and engaging program focuses on Adolescent Development and offers TY's the opportunity to understand their own development. In addition to her work in the community, Gina also offers parent workshops and has her own podcast called AdolEssence and Beyond now on Spotify.

A significant aspect of Gina's focus is uniting professionals who specialise in working with adolescents, aiming to enhance our collective proficiency in supporting this crucial client group. Gina firmly believes that the most effective way to aid adolescents and their families is through collaborative efforts and mutual support among professionals. By fostering a sense of unity among professionals, there is a valuable opportunity for shared learning, serving as guides in our respective fields, and elevating our competencies and understanding of adolescent development.

Education and continuous learning play a pivotal role in Gina's professional approach. She consistently strives to engage with and learn from others, both within Ireland and internationally. In Ireland, we are fortunate to be in a privileged position with a wealth of expertise in the field of adolescent and family work.



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ABOUT ADOLESCENCE & BEYOND CONFERENCE

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.

Moreover, this conference provides a unique platform for attendees to connect with a diverse array of professionals within the field. The focus is not only on learning best practices but also on fostering meaningful connections. This is an integral part of any work with adolescents and families as we need to understand and support each other in our work. The conference serves as a nexus for the exchange of ideas, collaboration, and the cultivation of a network that extends beyond the event, creating a lasting impact on the quality of care provided to adolescents.



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 and how to both influence and support this unique client group.

Skill Enhancement.

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

Effective Interventions

Understand the causes and contributing factors to anxiety and stress in adolescent development as you focus on the important themes in adolescent presentation: Relationships, learning style, identity, sexuality and belonging.

Comprehensive Support Systems

Gain understanding of the various referral pathways with adolescents, the organisations who can help and the many ways in which you can be guided and supported in your work.

Presentation and Interventions

Learn how to work with the various presentations, how to engage and work with extended family and the therapeutic interventions which support expression and engagement with client and families.

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

9.30 - 10 am:

Registration & Coffee

10.00 - 10.15

Introduction
Gina Dermody
Dr. Mary O Kane - MC

10.15 - 13.00

First Session

10.15 - 11.05

Dr. Malie Coyne
“A compassionate approach to supporting Teenagers
with Anxiety and exam stress”

11.10 - 12.00

Dr. Richard Hogan
“Working Systematically with Teenagers”

12.00 - 12.30

Coffee Break

12.30 - 13.00

Panel Discussion, Questions & Answers

13.00 - 13.45

Lunch

13.50 - 16.30

Afternoon Session

13.50 - 14.40

Stella O Malley
“Working with teens in a counselling context.”

14.45 - 15.35

Dr. Josen Mc Grane MD
“Navigating mental health services and the promise
of Youth Psychiatry”

15.40 - 16.10:

Panel Discussion, Questions & Answers

16.15 - 16.30

Closing Address Gina Dermody & Dr. Mary O Kane

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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.

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OR

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MEET THE TEAM

Dr. 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/>

Dr. Josen Mc Grane MD

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

Dr. 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 Author



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.

MEET THE DESIGN TEAM

Milo Media Design

Digital Advertising and Design



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.

Empower your therapeutic practice with Milo Media Design, specialising in tailored social media solutions for therapists. Elevate your online presence, engage your audience, and communicate your therapeutic expertise effectively. Let Milo Media Design be your partner in crafting a compelling and impactful digital identity for your therapy services.

Ready to take your brand to the next level? Visit our website at www.milomediadesign.ie to explore our services and discover how Milo Media Design can help you achieve your marketing and design goals.



LET'S WORK TOGETHER

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