When All the Time You Have is Now: Walk-in Clinics & Single Session Therapy

Karen Young, January 19, 2018

Walk-in clinics and other forms of quick access to services have become a key part of the landscape of service delivery in Ontario as outlined in the policy paper, “No More, No Less: Brief Mental Health Services for Children and Youth” (Duvall, J., Young, K., Kays-Burden, A., 2012). Narrative therapy ideas and practices provide therapists with ways of quickly engaging people in deeply meaningful and useful conversations. These practices are a perfect fit for settings in which just a brief encounter with people is possible, such as walk-in clinics or other short-term services where we need to make the most of the session.

Karen will share discoveries made during her 16 years working at a walk-in clinic and providing brief therapy services, about what aspects of narrative practice are particularly useful in these settings. Remarkable conversations that are “enough” can take place in one meeting when the therapist has skills that allow for respectful engagement in meaningful conversation quickly.

Participants Will Learn To:

• Co-create the agenda in ways that set the stage for meaningful conversation
• See “away-from-the-problem” stories quickly
• Engage people in conversations that are both respectful of and shifting of their ways of thinking about the problem
• Use a clear therapy guideline for time sensitive therapy
• Develop detailed, rich stories of people’s values, skills and abilities
• Record in-session notes that create take-home documents for the client
• Use witnessing practices in sessions and create support teams
• How to keep the new discoveries happening outside of the session

Recordings of actual sessions from the walk-in therapy clinic will be used to demonstrate the guidelines and practices.
Karen Young, M.S.W., R.S.W. is the Director of the Windz Institute, operated by ROCK, Reach Out Centre for Kids’ Centre of Learning. She is an institute faculty teaching many of the Windz workshops and certificate programs. She provides supervision to interns, organizes and designs training, oversees research projects, and for over 14 years has supervised and provided single session therapy at the ROCK walk-in therapy clinic. Karen has provided consultation and clinical training to many organizations in Ontario, across Canada, and internationally regarding re-structuring service pathways to include brief services such as walk-in clinics. She has been teaching narrative and brief narrative therapy for over 25 years and is a therapist with 30 years of experience working with children and families. Karen has contributed numerous publications regarding applications of brief narrative therapy and research in brief services and walk-in therapy. She co-authored the Brief Services Online Course for CMHA Ontario (Duvall, J. & Young, K., 2015) and co-authored the Brief Services policy paper for the Ontario Centre of Excellence for Child and Youth Mental Health (Duvall, J., Young, K., Kays-Burden, A., 2012), No more, no less: Brief Mental Health Services for Children and Youth. Karen was the lead in the first in Ontario Brief Services Evaluation Project, 2014, a multi-organization evaluation of brief services. Karen has a great deal of knowledge and passion for narrative practices and is one of the few trainers who can teach the traditional aspects of the approach and new evolutions in the thinking. She has particular expertise in the application of narrative in brief and walk-in therapies. Karen is regarded as a trainer who conveys narrative ideas in very clear and useable ways.
WORKSHOP DETAILS

LOCATION: Windz Institute At ROCK Reach Out Centre for Kids Centre of Learning
504 Iroquois Shore Rd., Unit 12A, Oakville, ON, L6H 3K4 (Less than 2 kms from Oakville Go-train Station)

DATE: January 19, 2018
TIME: 9:00 a.m. to 4:30 p.m.

REGISTRATION RATE:
$185 + HST

Early Bird Rate (Before December 15, 2017): $150 + HST - get your coupon code at rockevents.ca

CLICK HERE TO REGISTER

Group Rate: Groups of 6 or more are eligible for a 10% discount off the total group fee. Cannot be combined with early bird rate. After selecting quantity of 6 or more on our registration site (rockevents.ca), enter coupon code groupspecial at checkout to receive your discount.

Students: Students in University or College qualify for a 10% discount. Cannot be combined with early bird rate. Students must provide a copy of their student identification card to windz@rockonline.ca with STUDENT CONFIRMATION in the subject line. Once confirmed, you will receive your coupon code via email to apply at checkout.

CANCELLATION AND REFUND POLICY: Windz reserves the right to cancel workshops due to under-enrollment, instructor illness or inclement weather. If a workshop is cancelled, Windz is responsible for refunding only the tuition or registration payment. For a refund, a notice of cancellation must be received in writing 30 days prior to the workshop date. After that time, a credit may be issued which may be applied to a future workshop of similar value. This credit must be used within one year of date of issue. An administration fee of $40 will be charged for cancellations. We are not able to offer a credit or refund if you notify us on the day of the workshop.