When All The Time You Have Is Now:
Walk-In clinics and single-session therapy

TWO-DAY WORKSHOP
November 7 & 8, 2019
With Karen Young M.S.W., R.S.W.
Co-author of the policy paper: 
*No More, No Less: Brief Mental Health Services for Children and Youth*

windzinstitute.com
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 17 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
- Ways to use discoveries from neuroscience to boost your single sessions

Recordings of actual sessions from the walk-in therapy clinic will be used to demonstrate the guidelines and practices.
About Karen Young, M.S.W., R.S.W.

Karen Young is the Director of the Windz Institute, operated by ROCK, Reach Out Centre for Kids’ Centre of Learning. She is an institute faculty teaching workshops and certificate programs annually. 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 therapy for over 25 years and is a therapist with 30 years of experience working with children and families.

Karen has contributed to numerous publications regarding applications of brief and 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.

TESTIMONIALS

“Karen is so experienced and knowledgeable and has a way of making you feel safe in taking risks and trying new skills. I think this was the most valuable training I’ve taken to date!! THANK YOU!”

“Karen, having attended your two workshops, I’d like to offer you this compliment: you are truly gifted at what you do and at how you teach and present the material. Your presentations of your clinical (therapeutic) work were certainly instructional and wonderfully inspirational. Witnessing the changes in the young persons and their family members in your sessions, it left me thinking that the families were fortunate to come to your attention for your service. They came burdened with problems and they left with in-session transformational experiences. WOW! That’s awe and wonder inspiring! I hope to have the opportunity to return and learn more from your expertise in the not-too-distant future.”

“Karen’s workshop was one of the best workshops for psychotherapists I have ever attended. Karen was thorough and clear and had excellent video demo and practice exercises. I found it highly relevant and immediately usable. The next week my clients and I made some very helpful discoveries using this approach. Most of all Karen modeled the philosophy of valuing and respecting the client’s unique nature and perspective on their world.”

“I wanted to send you a quick thank you for the wonderful training yesterday. I really appreciated the information and the many ways that you made it practical and impactful. I had no fewer than 10 Ah-Ha moments during the afternoon. I took away so much from the session yesterday and I know your insights and ideas will help me be a better therapist using this approach. Another therapist used narrative as well and told me one of his clients told him he was asking “very good questions today” and that she felt they were working better together. So a huge THANK YOU for breathing much-needed hope into our system.”
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**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)

**TWO-DAY WORKSHOP - November 7 & 8, 2019**

**TUITION:** $435.00 + HST

**Group Rate:** Groups of 6 or more are eligible for a 10% discount off the total group fee. Contact us at windz@rockonline.ca for more information.

**Students:** Students in University or College qualify for a 10% discount. 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.

Attention Social Workers... You may be eligible to receive reimbursement of up to $500 off your tuition for this program. For more information about the Social Workers and Social Service Workers Professional Development Fund, visit oasw.org.

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 maybe 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.

The Windz Institute is operated by ROCK Reach Out Centre for Kids Centre of Learning