

# BOOKING FORM

Name: \_\_\_\_\_  
Organisation: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Role in Organisation: \_\_\_\_\_  
Phone number: \_\_\_\_\_  
Mobile: \_\_\_\_\_  
E-mail: \_\_\_\_\_  
Special requirements: \_\_\_\_\_  
\_\_\_\_\_

Please pick a workshop that you would like to take part in on the day in order of preference from 1 to 5 with 1 being your first choice. Further information on the workshops is available at [www.youth.ie](http://www.youth.ie).

- A  Defusing Anger
- B  Drama Workshop
- C  Eating Disorders
- D  Guide to HSE Mental Health Services
- E  Laughter Yoga
- F  Mindfulness
- G  National Office for Suicide Prevention
- H  Reconstructing Faulty Thinking in Young People
- I  [www.reachout.com](http://www.reachout.com)

E-mail, fax or post the completed booking form with payment to:  
The Administration Manager, National Youth Council of Ireland,  
3 Montague Street, Dublin 2  
**Contact details:** Tel: 01-478 4122, Fax: 01-478 3974  
or E-mail: [conference@nyci.ie](mailto:conference@nyci.ie).  
**Conference Fee – €45**  
**Registration Deadline – October 15th 2010**

By taking part in this conference you agree to have any images that are taken at the event to be used for printed material or websites.

# KEYNOTE SPEAKER PROFILES

**Dr. Maureen Gaffney** is a well known Irish broadcaster, writer and columnist. A psychologist by profession, she worked for many years in Trinity College Dublin as Director of the Doctoral Programme in Clinical Psychology. She is a well known advisor to companies on psychological issues relating to leadership development, gender and emotional intelligence in the workplace and has worked in Ireland, the UK, Israel, and the US. She is Chair of the National Economic and Social Forum which advises government on economic and social issues and is a member of the Board of the Health Service Executive.

**Dr. Tony Bates** has worked as Principal Clinical Psychologist at St James's Hospital, and has over thirty years' experience in the area of mental health. Tony previously worked and trained in the US alongside some of the leading international innovators in mental health and also established Trinity College Dublin's Masters in Cognitive Behavioural Therapy. He is regular contributor to the national discussion and debate about mental health and is the author of a fortnightly column 'Mind Matters' in the Irish Times. Tony was an editor and full time writer of 'A Vision for Change', the ten year Government policy on mental health service reform. In March 2009 he founded Headstrong the National Centre for Youth Mental Health in Ireland.



National Youth Council of Ireland,  
3 Montague Street, Dublin 2, Ireland.  
tel: + 353 + 1 478 4122  
fax: + 353 + 1 478 3974  
web: [www.youth.ie](http://www.youth.ie)  
email: [info@nyci.ie](mailto:info@nyci.ie)

26<sup>th</sup> November 2010  
The Emmaus Centre,  
Lissenhall, Swords,  
Co. Dublin

DEALERS IN  
HAPPINESS  
THE ROLE OF YOUTH WORKERS IN  
PROMOTING POSITIVE MENTAL  
HEALTH IN YOUNG PEOPLE



# WHO ARE NYCI?

The National Youth Council of Ireland (NYCI) is an umbrella organisation that represents and supports the interest of voluntary youth organisations across the country, and uses its collective experience to act on issues that impact on young people.

## THE CONFERENCE

**Dealers in Happiness** is NYCI's annual thematic conference for 2010.

The conference is open to all youth work practitioners both paid and voluntary, those working with young people in other settings and managers in the community along with voluntary and statutory sectors to share good practice, experience and learning.

This event will provide the opportunity for youth workers to reflect on their role in promoting positive mental health and explore practical strategies for workers to assess and respond to the mental health needs of young people.

Inputs from keynote speakers will be followed by a facilitated Q&A session. Practical workshops will be hosted in the afternoon by a number of key professionals working in the field.

Details of the venue and directions are available at:  
[www.emmauscentre.ie](http://www.emmauscentre.ie)

## AGENDA

9.00 Registration

9.45 Opening Remarks

- Mary Cunningham – Director of NYCI
- Eddie D'Arcy – President of NYCI
- Minister Barry Andrews TD

10.00 Setting the Scene

- Dr. Maureen Gaffney:  
*Hope and Happiness in Youth Work*
- Dr. Tony Bates:  
*Exploring Creative Ways to Support Young Adults in Finding their own Path in Life*

11.00 Coffee

11.15 Roundtable Discussion

11.45 Panel Q&A

Dr. Maureen Gaffney, Clinical Psychologist & Broadcaster

Dr. Tony Bates, Founder Director, Headstrong  
Jillian Van Turnhout, Chairperson of Children's Mental Health Coalition & CEO of Children's Rights Alliance  
Geoff Day, CEO, National Office for Suicide Prevention  
Marie Duffy, Freelance Journalist, Mental Health Advocate & Founder of Unwind Your Mind blog

12.45 Lunch

2.00–2.50 Workshop 1

3.00–3.50 Workshop 2

4.00 Final Plenary

4.30 Closing Remarks & Acknowledgements

## WORKSHOPS

A range of workshops are available at the event which we invite you to choose from. On the booking form please indicate your preference by numbering the workshops from 1 to 5 with one being your first choice.

**DEFUSING ANGER** – Facilitated by Sé Fulham, NYCI Consultant Trainer  
*The presentation is an introductory session on anger management when working with young people and is designed to enable participants to recognise the role workers play in defusing anger.*

**DRAMA WORKSHOP** – Facilitated by Chrissie Poulter, Director, Deviser & Trainer  
*The workshop will explore ways in which youth drama can be used to enhance the mental health of young people.*

**EATING DISORDERS** – Facilitated by Fiona Flynn, Youth Development Officer, Bodywhys  
*This workshop will look at the work of Bodywhys and how this organisation addresses the issue of eating disorders in young people.*

**GUIDE TO HSE MENTAL HEALTH SERVICES** – Facilitator to be confirmed.  
*This workshop will provide a general overview of the mental health services for young people, referral pathways and treatments available.*

**LAUGHTER YOGA** – Facilitated by Aisling Coleman, Laughter Yoga Ireland  
*This workshop will introduce participants to Laughter Yoga which is a blend of yogic deep breathing, stretching, stimulated laughter exercises and cultivated child-like playfulness.*

**MINDFULNESS** – Facilitated by Niamh Bruce, Manager, The Sanctuary.  
*This presentation is based on the warrior journey work carried out with young people who are finding the journey to maturity and social integration challenging.*

**NATIONAL OFFICE FOR SUICIDE PREVENTION** – Facilitated by Susan Kenny, Training & Development Officer.  
*This workshop will outline the work of the NOSP, which will include the progress on the implementation of the Reach Out Strategy and a range of campaigns and programmes.*

**RECONSTRUCTING FAULTY THINKING IN YOUNG PEOPLE** – Facilitated by Margaret Curran, Psychotherapist, MICBT.  
*This workshop explores positive emotional health through examining the effect of how we think on our feelings and behaviour.*

**WWW.REACHOUT.COM** – Facilitated by Derek Chambers, Director of Programmes & Policy, Inspire Ireland Foundation.  
*This workshop will consider how youth workers can become community builders working online to help build the community on [www.reachout.com](http://www.reachout.com) and create a sense of community connection for site members.*

Further information on the workshops is available at [www.youth.ie](http://www.youth.ie)

Please note these workshops are subject to availability and may change.