



Supporting Relationships and Families (SRF)

ANNUAL CONFERENCE 2024

Young People and Mental Health

FRIDAY 29 NOVEMBER 2024
9.30AM - 4.30PM

Bethnal Green Meeting House, United Reform Church,
Pott Street, Bethnal Green,
London E2 0EF

[Bethnal Green Meeting House URC Church - Google Maps](#)

Registered charity number: 1132487

Keynote Speakers

The conference will be introduced by Dr Nelda Frater, the patron of SRF, and chaired by Janice Gittings, SRF Chair.

Dr Zack Eleftheriadou: *Why racially and culturally informed therapy with young people really matters*

Dr Zack Eleftheriadou is a Counselling Psychologist and Fellow of the British Psychological Society. She is a Parent-infant, Child and Adult Psychotherapist (UKCP registered). She has published, lectured and worked clinically with children and adults in the area of cross-cultural work for 30 years. She previously worked at Nafsiyat, the Inter-Cultural Therapy Centre, under the clinical directorship of the late Lennox Thomas, where she held the role of Adult Psychotherapist and Coordinator of Child and Family Referrals. She has also worked at various London NHS hospitals and charities, such as 'Freedom from Torture'. Alongside her cross-cultural work, she is a consultant to infant observation tutors and has a particular interest in developmental issues, complex and intergenerational trauma.

Dr Joanne Collins: *Reflections on 25 years work with young people and Mental Health*

Dr Joanne Collins is a Family and Systemic Psychotherapist. Her background is in teaching in the field of Social Care in educational and workplace settings. Joanne has multiple trainings that include an MSC in Rehabilitative Counselling and Healthcare, MA in Child, Adolescent and Family Transpersonal Psychotherapy, MSC in Family and Systemic Psychotherapy and a Professional Doctorate in Systemic Psychotherapy. Her passion in this area is working with issues of power and diversity. She has a private practice where she works with adolescents, adults, couples, and families.

Christene Burgess: *How Mindfulness can transform, heal and enrich your life*

Christene Burgess enriches holistic healthcare, community and self-development work with Psychosynthesis, Dharma/Mindfulness, East-West Psycho Sensory modalities and spirituality.

Tony Cealy: *Crisis Creates Creativity!*

Tony Cealy is a creative artist, producer and social justice theatre practitioner, collaborating with communities across the UK and internationally to explore alternatives to inequality and injustice. He uses participatory democratic methods that are joyful, and accessible. He is passionate about community-driven policy making to move the dial towards equity and justice.

Information about the conference

Booking

The Conference Fee is £60

Concessions: SRF members £40, students £35.

Please book on the SRF website: www.serefo.org.uk or via Eventbrite.

Your delegate fee includes refreshments and lunch.

For further information please email serefo.info@gmail.com

The registration desk will be open from 9.30am where you will need to book in and collect your name badge. The conference will start at 10am.

Getting to the venue

Tube: Central line to Bethnal Green

Overground: Bethnal Green railway station

Buses: 8, 106, 254, 309, 388, D3, D6

Driving: We regret that there is no parking at the venue.

Bookstand

To help raise funds for SRF there will be a small selection of specialist counselling and psychotherapy books and conference papers.

Raffle

There will be a raffle and tickets will be drawn during the afternoon break.

CPD Certificates

Certificates will be available for those attending the entire day and can be collected from the registration desk.

About Supporting Relationships and Families

SRF is a charity and was founded in 1999 by Dr Elaine Arnold and a group of African-Caribbean women who had experienced broken attachments as children through the loss of parents emigrating to the UK. The charity is supported and run by volunteers.

The organisation has worked mainly with people of African-Caribbean origin. However, as the phenomenon of broken attachments and traumatic reunions is applicable to other groups in society, SRF has expanded its remit. We now aim to help those who, through various circumstances, have suffered separation and loss. These circumstances may include separation through fostering/adoption, residential care, bereavement, family breakdown, boarding school and refugee/asylum status.

The work of SRF is influenced by principles and concepts of Attachment Theory as pioneered by John Bowlby (1909-90) and other developmental psychologists. Our work is inclusive, valuing diversity. We aim to educate through workshops, seminars, conferences, mentoring and consultations. SRF utilises different psychotherapeutic and counselling approaches. We welcome people from all backgrounds who have suffered loss.

We aim to highlight the need for sensitive counselling and therapeutic services to break the circle of insecure attachments, and the inter-generational nature of attachment patterns in families.