

WORKING CREATIVELY WITH YOUNG PEOPLE

- JULIA CARTER



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Learning Together Online

Resource Guide

About Julia Carter

I have worked as a counsellor/therapist with young people and families for over 17 years. I have trained with both Dr. Violet Oaklander and Dr. Ruella Frank in the USA which gave me an interesting perspective on the work.



I have worked for the Youth service, running a counselling project for 11 to 25 year olds; and in my private practice, I have been able to work with families.



Reading

Click the links below for more information

[Windows to Our Children: A Gestalt Therapy Approach to Children and Adolescents - Violet Oaklander Ph.D.](#)
- (January 1978)

[Body of Awareness: A Somatic and Developmental Approach to Psychotherapy - Ruella Frank - \(August 2001\)](#)

[The First Year and the Rest of Your Life: Movement, Development, and Psychotherapeutic Change - Ruella Frank & Frances La Barre - \(October 2010\)](#)



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- 2 How do you intend to apply this in your practice?
- 3 Do you have any further action for your next CPD cycle?

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