

# Overcoming 'Psychological Funk'

Supporting Young People During Uncertain Times  
with Dr Emma Woodward



Young people today are growing up in a more unpredictable world than many of their preceding generations. Uncertainty surrounding pandemic related changes, global warming, increasing international conflicts and the rise of AI and its influence on questioning what is real, compound the existing anxieties that are created from the global influences and challenges of social media and digital culture.

This workshop will explore the nuances of change and uncertainty in the lives of the young minds we nurture. Dr Emma Woodward will explore the nature of the current 'psychological funk' that many young people are in before presenting a suite of ideas and techniques that have proven to be effective in cultivating hope, building emotional resilience and creating optimism in the face of an unpredictable future.

Some of the key themes that Emma will explore as part of this contemporary discussion include:

1. Addressing Global challenges: Fostering global anxiety resilience in young minds and the power of collaborative strategies and action.
2. Psychoeducation: Empowerment through real knowledge. The role of connection in enhancing communication
3. Cultivating Hope: The essence of Hope therapy in our work and how to cultivate hope in young minds. An exploration of 'hope mapping' and how it can be an effective tool.
4. Learning to embrace change: key lessons from Acceptance and Commitment Therapy (ACT), including diffusion techniques and purposeful self-navigation through values clarification.
5. Learning to ride the emotional waves: strategies for stability. Key insights from Dialectical Behaviour Therapy and how to apply them with children and young people in the real world.



Dr Emma Woodward is a Child, Educational and Community Psychologist. She completed her Doctorate in Child, Community and Educational Psychology at the Tavistock and Portman NHS Foundation Trust and also holds an undergraduate degree in Experimental Psychology. Now residing in Auckland, Emma is the clinical head of a national child psychology service. She has previously presented the popular "Dealing with Big Feelings" seminar with Compass Seminars and is a sought-after commentator on a range of child and youth wellbeing topics. Emma presents with a down to earth clarity that will ensure this is a workshop will be of benefit to all professionals working with children and young people across the education, social service and community sectors.

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## Seminar Details:

- 📍 Wellington: Thursday 4 July 2024, James Cook Hotel Grand Chancellor  
Christchurch: Monday 4 November 2024, The Commodore Hotel  
Napier: Thursday 21 November 2024, Napier War Memorial Centre
- 🕒 9.00am - 3.00pm
- 💰 \$295 (incl. GST). Price includes lunch and tea break catering and presentation notes
- ❓ Contact the Compass Seminars team on 06 7591647 or office@compass.ac.nz

## 3 Ways to Register:

 [www.compass.ac.nz](http://www.compass.ac.nz)

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