

# ARE YOU A MENTAL HEALTH PROFESSIONAL WORKING WITH YOUNG PEOPLE AGED 10–24?

## Join the Relate-Youth (Relate-Y) Training!

Be among the first to access this cutting-edge, research-based online training —**free during its initial rollout!** **Relate-Y** is designed to strengthen therapeutic relationships with adolescents and young adults, especially in the face of the engagement challenges so common in youth therapy.

### What is Relate-Y?

Relate-Y is an integrative, relationship-centered training grounded in the Alliance-Focused Training model and the latest research on youth alliance.

This practical, developmentally informed course will equip you to:

- Build stronger therapeutic alliances with adolescents and young adults.
- Navigate and repair relationship ruptures unique to youth work.
- Boost engagement and improve outcomes in youth therapy.

### Curious about the model?

Read the Relate-Y Article



### Training Format

-  **4 live online sessions** (approx. 4–5 hours each).
-  Starting **September/October 2025** (exact dates TBC).

### What's Involved?

You'll receive **access to the training free of charge**.

In return, we ask that you:

-  Complete a few short questionnaires.
-  Participate in brief focus groups (before and after the training).

**Your feedback will help us assess and enhance the training!**

### Why Join?

- FREE early access** to an innovative training program.
- Enhance your practice** – learn evidence-based strategies to support and retain young clients.
- Advance the field** – contribute to meaningful research on youth-focused therapy and training.

### Research Information

- Funded by: Horizon Europe (Marie Skłodowska-Curie Grant No. 101081334).
- Principal Investigator: Dr. Antonella Cirasola.
- Research Team: Profs. Catherine Eubanks, Chris Muran, Peter Fonagy & Josep Maria Haro.

### Ready to join?

Complete this brief survey to **sign up**: Survey

**Questions?** Contact: [antonella.cirasola@sjd.es](mailto:antonella.cirasola@sjd.es)