



Formation pour les professionnels
de l'enfance, de l'adolescence et de la famille

Souffrances psychiques à l'adolescence

La formation continue du Centre d'Ouverture Psychologique Et Sociale (Copes) s'adresse à tous les acteurs du champ médical, psychologique, pédagogique et social (médecins, gynécologues, obstétriciens, psychologues, psychiatres, pédiatres, infirmiers, éducateurs, travailleurs sociaux, moniteurs d'éducation familiale, psychomotriciens, orthophonistes, sages-femmes, puéricultrices, enseignants...), garants de la prévention précoce et de la santé globale de l'enfant, de l'adolescent et de la famille.

Les stages et les formations sur site proposés par le Copes explorent les domaines de l'enfance à l'adolescence, les problématiques familiales, sociales et culturelles et les questions institutionnelles.



Processus adolescent et psychopathologie

L'adolescence, entité relativement récente datant du XIX^e siècle, interroge et représente à la fois un passage et une mutation. Les transformations/pubertaires qui l'inaugurent imposent en effet de profonds remaniements psychiques identificateurs et objectaux, qui ne s'effectuent pas sans douleur ni conflit.

L'adolescence questionne ainsi le rapport au corps, au temps et à l'espace (psychique, groupal, familial, institutionnel...). Toujours en écho à l'évolution socioculturelle, elle apparaît particulièrement sensible au contexte sociétal, comme l'a montré l'impact de la crise sanitaire sur cette tranche d'âge.

Une approche psychodynamique permettra d'éclairer les enjeux du processus adolescent et ses achoppements. Il s'agira notamment d'interroger les manifestations symptomatiques (agirs, dépression, suicide...) et les grandes entités nosographiques de l'adolescent, en s'attachant plus particulièrement à la clinique des limites (conduites à risque, clivages, espace interne/externe, rapport à l'enveloppe corporelle).

Conçu et animé par Jessica Jourdan-Peyrony, psychologue clinicienne, docteure en psychologie. Participation d'intervenants spécialisés.

Thèmes

Points de repère dans l'évolution du concept d'adolescence. — Processus adolescent. — Psychopathologie de l'adolescence. — Problématique des limites. — Travail sur les enveloppes (psychique, groupale). — Accompagnement des familles.

Objectifs

Décrire le processus adolescent dans son aspect dynamique et mutatif (puberté, remaniements psychiques). — Repérer les spécificités de la psychopathologie de l'adolescent. — Relier les agirs de l'adolescent à son histoire et à celle de sa famille. — Sélectionner le dispositif de soin le plus pertinent au regard des problématiques de l'adolescent.

Public et prérequis

Professionnels de l'adolescence dans les domaines de la psychopathologie (services de secteur, CMP, pratique privée), des services sociaux (foyers, ASE...), ou de l'Éducation nationale.

Méthodes de travail

3 jours. — Exposés théoriques et cliniques. — Mises en situation. — Partage d'expériences.

Stage

SM26-08

Tarif

819 €

Lieu

Paris

Dates

20-21-22 mai 2026 (soit 21 h sur 3 jours)


MERCREDI 20 MAI 2026

Introduction à la psychopathologie de l'adolescence, contexte social et familial 9 h 30 à 13 h

Jourdan-Peyrony Jessica, psychologue clinicienne; docteure en psychologie, université Paris X-Nanterre.

Quels dispositifs de soins à l'adolescence ?

L'exemple des médiations corporelles à l'adolescence 14 h à 17 h 30

Jourdan-Peyrony Jessica

Noir Bérangère, psychologue clinicienne en lieu d'accueil enfants-parents (Paris); chargée de mission au Copes, association Cerep-Phymontin, Paris.

JEUDI 21 MAI 2026

Identité(s) et sexualité(s) à l'adolescence 9 h 30 à 13 h

Bellevergue Steve, psychologue clinicien; Docteur en psychologie clinique et psychopathologie; Chargé d'enseignement UFR de psychologie Université de Rouen et Université de Caen, Chercheur associé laboratoire CRDFP; Université de Rouen.

Jourdan-Peyrony Jessica

Le risque psychotique à l'adolescence.

Présentation de vignettes cliniques 14 h à 17 h 30

Jourdan-Peyrony Jessica

VENDREDI 22 MAI 2026

Dépression/décompensation à l'adolescence 9 h 30 à 13 h

Jourdan-Peyrony Jessica

Servant Benoit, psychiatre; psychanalyste; membre de la Société psychanalytique de Paris (SPP); ancien médecin chef, hôpital de jour de la clinique soins-études, Georges Heuyer, Paris 13ème.

Travail à partir de situations cliniques. Conclusion et bilan du stage 14 h à 17 h 30

Jourdan-Peyrony Jessica

the fact that the number of patients with a diagnosis of depression is increasing. The prevalence of depression in the Netherlands is estimated to be 10% (1000 patients per 10000) (1). The prevalence of depression in the Netherlands is estimated to be 10% (1000 patients per 10000) (1).

Depression is a common mental disorder, which is characterized by a state of sadness, loss of interest in activities, and a feeling of hopelessness. It is a complex condition that can affect anyone, regardless of age, gender, or social class. The symptoms of depression can vary in severity and duration, and they can significantly impact a person's quality of life.

There are several factors that can contribute to the development of depression, including genetic predisposition, environmental stressors, and psychological factors. Depression is often a chronic condition, and it can recur over time. It is important to seek professional help if you are experiencing symptoms of depression, as early intervention can lead to better outcomes.

There are several treatment options available for depression, including psychotherapy, medication, and a combination of both. Psychotherapy, such as cognitive-behavioral therapy (CBT) and interpersonal therapy (IPT), can help individuals understand their thoughts and feelings and develop coping strategies. Medication, such as antidepressants, can also be effective in treating depression.

It is important to note that depression is a medical condition, and it should not be stigmatized. With the right treatment and support, individuals with depression can lead a full and productive life. It is also important to be aware of the signs and symptoms of depression, so that you can seek help if you need it.

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