



MEDICA CPD

# Self Harm & Eating Disorders

A One Day Conference

Wednesday 5<sup>th</sup> November 2014, Glasgow

RESOURCES  
CPD CERTIFICATES

PRACTICAL  
STRATEGIES

UNDERSTANDING

KNOWLEDGE  
UPDATES

NETWORKING

INSPIRATIONAL  
SPEAKERS

**PLUS\*** Building Resilience in Children and Young People | A Half Day Training Course  
Course Tutor: Dr Pooky Knightsmith | Thursday 6<sup>th</sup> November 2014, Glasgow

**4 Easy Ways To Book -**

Online: [www.medicapd.com](http://www.medicapd.com) | Tel: 0141 638 4098/0796 656 1474

Email: [carolyn@medicapd.com](mailto:carolyn@medicapd.com) | Post: 

# CONFERENCE – 5th November 2014, Glasgow

## About The Conference

The problem of self harm in children and young people is a lot more common than people think. According to researchers, 1 in 15 people self harm, while over 1.6 million people in the UK are affected by eating disorders, the majority between 12–20 years old. The presence of an eating disorder in the teenage years has also been linked to an alarming rate of additional self harm tactics. For many professionals working with teenagers who are experiencing these problems it can be overwhelming and difficult to know how best to react and help.

## Why Attend This Conference?

- Increase your understanding of the dynamics underlying self harm and eating disorders.
- Hear and meet knowledgeable and inspirational speakers.
- Obtain practical strategies to support someone who self harms or has an eating disorder
- Share knowledge and network
- Gain educational resources.
- Certificates of attendance for continuing professional development.

## Who Should Attend?

This conference will be particularly relevant to professionals working in education, social work, local authorities, health care organisations, charity and voluntary organisations, and other professionals who need or want a better understanding of this area.

### Conference Details

**Date:** Wednesday 5th November 2014

**Venue:** Hilton Glasgow Grosvenor Hotel, 1-9 Grosvenor Terrace, Glasgow G12 0TA

**Time:** 10am-4.15pm (*Registration will be from 9:15am- 10am*)

### Registration

**By Post:** Please complete the registration form attached and return no later than Wednesday 29th October 2014.

**Online:** [www.medicacpd.com](http://www.medicacpd.com)

**Tel:** 0141 638 4098/0796 656 1474

It is advisable to book ASAP as places are restricted. Confirmation of booking and further information will be emailed to you. If you have not received confirmation within ten days of submitting your booking please contact us on one of the above numbers.

### Registration Cost

**£198 +VAT** (including lunch and refreshments.)

### Optional Training Course - Save £30

If you book the conference and training course together!

### Building Resilience in Children & Young People

#### A Half Day Training Course

Course Tutor: Dr Pooky Knightsmith

Thursday 6th November 2014, Glasgow

We are also running a half day training course the day after the conference, full details inside. Delegates attending both events receive a discount, must be the same person attending both events.

Please book directly with the Medica Cpd Office on 0141 638 4098/0796 656 1474

# Conference Programme

9.15 – 10.00	<b>Registration and Refreshments on Arrival</b>
10.00 – 10.05	<b>Welcome and Introduction from the Morning Conference Chair</b> <b>Alana Atkinson</b> , <i>Programme Manager</i> , NHS Health Scotland
10.05 – 10.35	<b>Understanding Self-harm and Suicide Risk</b> <b>Professor Rory O'Connor</b> , <i>Professor of Health Psychology</i> , University of Glasgow
10.35 – 10.40	<b>Questions</b>
10.40 – 11.10	<b>Practical Strategies and Interventions for Supporting Adolescents who Self Harm</b> <b>Caroline Harroe</b> , <i>Director</i> , Harmless, Nottingham
11.10 - 11.15	<b>Questions</b>
11.15 - 11.40	<b>Refreshment Break</b>
11.40 - 12.10	<b>Case Studies ,Ideas and Good Practice Examples from Work Within the Community</b> <b>Angela Voulgari</b> , <i>Project Worker</i> , Edinburgh Self Harm Project, Penumbra
12.10 - 12.15	<b>Questions</b>
12.15 - 12.55	<b>Strengthening Self Esteem and Body Confidence</b> <b>Martin Staniforth</b> , Dove Self-Esteem Project Activator <b>Case Study: How Girl Guides are Building Girls Confidence, Self Esteem and Body Image</b> <b>Rebecca MacLennan</b> , <i>Peer Educator</i> , Girlguiding Scotland
12.55 – 1.00	<b>Questions and discussion</b>
1.00 - 1.55	<b>Lunch</b>
1.55 – 2.00	<b>Introduction from the Afternoon Conference Chair</b> <b>Susan Ringwood</b> , <i>Chief Executive</i> , Beat
2.00- 2.35	<b>Eating Disorders – What Are They?</b> <b>Dr Alex Yellowlees</b> , <i>Medical Director and Consultant Psychiatrist</i> , Priory Clinics Glasgow and Edinburgh
2. 35- 2.40	<b>Questions</b>
2.40 – 3.15	<b>Practical Strategies for Recognising and Responding to Eating Disorders</b> <b>Dr Pooky Knightsmith</b> , <i>Mental Health Consultant, Author and Trainer</i>
3.15 – 3.20	<b>Questions</b>
3.20 - 3.35	<b>Refreshment Break</b>
3.35 – 4.00	<b>A Personal Perspective</b> <b>Rebecca Scott</b> , <i>Young Ambassador with Sara Preston</i> <i>Young People’s Participation Officer [Scotland]</i> , Beat
4.00 – 4.15	<b>Questions, Discussion and Closing Remarks</b>
4.15pm	<b>Approx close</b>



# Building Resilience In Children And Young People

A Half Day Training Course

Course Tutor:  
**Dr Pooky Knightsmith**  
Mental Health  
Consultant,  
Author and Trainer

Thursday 6th  
November 2014, Glasgow



## Feedback from Previous Delegates:

*"Everyone working with children and young people should attend this course!"*

*"Excellent knowledge update, lots of good examples and practical strategies"*

*"Pooky Knightsmith's presentation and style was lively and inspiring"*



MEDICACPD

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Email: [carolyn@medicacpd.com](mailto:carolyn@medicacpd.com)

Post: 

# TRAINING COURSE- 6th November, 2014

## About The Course

By developing resilience and coping skills in children, we're providing them with the tools they need to keep themselves emotionally healthy and psychologically safe. This training course will help you understand what we mean when we talk about resilience and why it's so important. We will then consider practical approaches that will enable you to develop the resilience and coping skills of the young people in your care.

## This Course Will Enable Participants To:

- Understand what resilience is and why it's important.
- Understand how to develop resilience in young people.
- Develop your ability to act as a positive resilience role model.
- Recognise and overcome barriers to resilience.
- Help young people in your care to cope with adversity.

The course will be taught through a lively mix of presentation, case studies and discussion to ensure your learning is interesting and informative.

## Who Should Attend?

The course should be of interest to education professionals from mainstream schools, special schools and local authorities, social workers and support workers, health care professionals and other professionals who provide support for children and young people.

## Course Tutor:

### Dr Pooky Knightsmith, Mental Health Consultant, Author and Trainer

Pooky is known for her passionate, engaging and highly practical teaching style and has run many courses particularly for professionals working in education, social care and health settings as well as parents and students on a wide range of mental health topics. Pooky completed her PhD in child and adolescent mental health at the Institute of Psychiatry, London, where she specialised in developing practical strategies for supporting children and young people schools and other non-clinical settings.

### Training Course Details

**Date:** Thursday 6th November 2014  
**Venue:** Glasgow City Centre (tbc)  
**Time:** 9:30am-1.00pm.

*Registration will be from 9.00am to 9:30am*

### Registration

**By Post:** Please complete the registration form attached and return no later than Wednesday 29th October 2014.

**Online:** [www.medicacpd.com](http://www.medicacpd.com)

**Tel:** 0141 638 4098/0796 656 1474

*It is advisable to book ASAP as places are restricted. Confirmation of booking and further information will be emailed to you. If you have not received confirmation within ten days of submitting your booking please contact us on one of the above numbers.*

**Registration cost - £98 +VAT.** This includes lunch & refreshments.

**Discount:** Register for both the Self Harm and Eating Disorders Conference and Building Resilience Training Course together to receive a £30 discount. *Please phone 0141 638 4098 to book.*



# Registration Form

(Please fill in BLOCK CAPITALS)

Delegate's First Name: ..... Surname: .....

Job Title: ..... Organisation: .....

Email (required): .....

Address: .....

Postcode: ..... Telephone: .....

Special Diets/Mobility .....

- Confirmation of your registration and further details will be sent by email. If you would prefer to receive confirmation by post please tick this box. If you do not receive confirmation of your booking within 10 days please call: **0141 638 4098** or email: [carolyn@medicacpd.com](mailto:carolyn@medicacpd.com)

I wish to attend (Please tick appropriate box)

- Conference – Self Harm and Eating Disorders 2014**  
Wednesday 5th November 2014, £198 + VAT= £237.60
- Training Course – Building Resilience in Children and Young People**  
Thursday 6th November 2014, £98 +VAT= £117.60
- Discount - I wish to attend both events: £266+ VAT= £319.20**

For Group bookings please call the Medica Cpd Office on 0141 638 4098

How to pay: It is the responsibility of the delegate to ensure payment is made prior to attendance of the event  
(Please tick appropriate box)

- By Cheque: Please enclose a cheque for the appropriate amount made payable to "Medica Cpd Ltd" and send with completed form to the address below for the attention of Carolyn Fraser.
- By Credit Card: Please book online at [www.medica.cpd.com](http://www.medica.cpd.com)  
(Please note: A small charge of 3.4% will be added to all credit/debit card payments)
- By Invoice: Please send invoice to (if different from above)–

Full Name: .....

Job Title: ..... Organisation: .....

Purchase Order Number .....

Email (required): .....

Address: .....

Postcode: ..... Telephone: .....

An invoice will be sent to the appropriate person by email. If you would prefer to receive confirmation by post please tick this box.

**Payment:** 30 days from invoice date or before the event date (whichever comes sooner). Confirmation will only be issued when payment of invoices are received in full, early registration is essential for invoices.

Terms and conditions 1.Your registration constitutes a legally binding agreement. Payment must be received before the event.2. Cancellation policy: Cancellations will only be accepted in writing. A refund, less an administration charge of £30.00 will be given to all cancellations received before the 22nd September 2014. After this date the full fee is payable, whether in attendance or not. Substitutions can be made if we are notified up to 3 days before the event. "No shows" on the day will be liable for the registration fee. 3. The organisers reserve the right to change the programme, speakers and venue as required. 4. In the unlikely event that we have to cancel the event we will issue a refund for the registration fee. We are not responsible for any other costs.

Data Protection The personal data that you supply during the registration of these events will be entered into a database and used by the conference organisers to manage your registration and attendance. Unless you advise to the contrary, in writing and in advance to the conference organiser, your name and affiliation may be made available in a list of delegates to both attendees at, and the sponsor(s) of, the events. The personal data in the database will be retained by the Conference Organiser unless requested in writing, and may be used to inform you about other appropriate services and events that may be organised in the future.

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