



# **Understanding Self-Harm – & Using that Understanding to Provide Effective, Sustainable Support for Children and Young People**

**A Half Day Training Course**

With

**Dr Pooky Knightsmith,**

Mental Health Consultant, Author and Trainer

**& Christine Baird,**

Functional Lead for Schools, Samaritans

**Thursday 29th May 2014, Glasgow**

*Course Tutors, Dr Pooky Knightsmith & Christine Baird,  
will share with you their valuable insights and knowledge  
to provide you with an increased understanding of self harm  
so you can best support children and young people.*



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**3 Easy Ways to Book**

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

**Telephone: 0141 638 4098 / 0141 387 4684**

**Post: **

## About the Training Course

### Understanding Self-Harm

& Using that Understanding to Provide Effective, Sustainable Support.

Self-harm is a growing problem in children and young people, when faced with self-harming behaviours, many of us feel a complete lack of comprehension – and this can make it incredibly hard to offer effective support.

During this course, a thorough exploration of the motivations that children & young people use to explain their self-harm, will enable you to gain an in depth understanding of why some young people turn to self-harm and why it can be so difficult for them to stop.

You'll then learn how you can use this understanding to provide effective, sustainable support to the children in your care, enabling them to develop healthier coping mechanisms and to address their underlying issues safely and sensitively.

This course will enable participants to:

- *Understand what self-harm is, who it might affect and why*
- *Recognise children most at risk and pick up cases early*
- *Develop personalised action plans to support young people overcoming self-harm*

### Who Should Attend

This training course should be invaluable to anyone who is working with children and young people including: teachers, head teachers, teaching assistants, social workers and other care staff, school nurses, children centre workers, community workers, charity and voluntary organisations, youth justice staff, police and others with an interest.

### About Your Course Tutors

**Dr Pooky Knightsmith** is a 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 teachers, 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 self-harm and eating disorders in schools and other non-clinical settings. The strategies that Pooky advocates are all developed as a result of direct consultation with school staff and students and she also seeks inspiration from her clinical colleagues at the world famous Maudsley Hospital, adapting and simplifying evidence based approaches for use in school.

**Christine Baird** has extensive experience in working with young people, developing and delivering training in emotional health and self harm awareness and is the Samaritans' Functional Lead for Schools. A role which carries the responsibility for overseeing Samaritans' integrated approach to work in schools, which provides a range of services developed to encourage young people to become aware of, and how to manage, their emotional health.

### Course Information:

**Date:** Thursday 29th May 2014

**Venue:** Glasgow Caledonian University

**Time:** The course will start promptly at 9.30am and finish at 12.30pm.

Registration will be from 9.00am – 9.30am.

Registration cost: **£94.00** + vat including refreshments

### Forthcoming Event:

You may like to attend our **Children's Mental Health Conference 2014, Wednesday 28th May 2014, Glasgow**, full details on our website [www.medicacpd.com](http://www.medicacpd.com) or phone 0141 638 4098. **Save: £40 If You Book Both The Conference And Training Course Together, call the office!**

### Registration:

**By Post:** To register for this course, please complete the registration form on the leaflet, detach and return no later than 21st May 2014.

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

**Telephone:** 0141 638 4098 / 079 6656 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 Carolyn on the above numbers or email [carolyn@medicacpd.com](mailto:carolyn@medicacpd.com).



# Registration Form

## You can register:

- Online at – [www.medicacpd.com](http://www.medicacpd.com)
- By Telephone - 0141 638 4098 / 07966 561474
- By Post - Please complete this registration form, download and return no later than 21st May 2014, to the address at the bottom of this form.

## I wish to attend the following event: (please tick the appropriate box)

**Understanding Self-Harm**, Thursday 29th May 2014, £94.00 + £18.80 vat = £112.80

## Your Details (BLOCK CAPITALS)

First name \_\_\_\_\_ Surname \_\_\_\_\_

Job Title \_\_\_\_\_

Organisation \_\_\_\_\_

Email (required) \_\_\_\_\_

Address: \_\_\_\_\_

Postcode \_\_\_\_\_ Tel \_\_\_\_\_

Special diets/mobility \_\_\_\_\_

How did you hear about the event? \_\_\_\_\_

*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 Carolyn on the above numbers or email [carolyn@medicacpd.com](mailto:carolyn@medicacpd.com)*

## How to Pay:

It is the responsibility of the delegate to ensure payment is made prior to attendance of the event/s. (Please tick appropriate box)

By Cheque: I enclose a cheque for the appropriate amount made payable to "Medica Cpd Ltd" and send with the form to the address below.

By Credit Card: Please book online at [www.medicacpd.com](http://www.medicacpd.com) (A small charge of 3.5% will be added to all credit credit/debit card charges)

By Invoice: Please send invoice to –

Name (in block capitals) \_\_\_\_\_

Job Title \_\_\_\_\_

Organisation \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Tel \_\_\_\_\_

Email \_\_\_\_\_

Purchase order number (if relevant) \_\_\_\_\_

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 due:** 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.

## Group Bookings – Please call Carolyn on 0141 638 4098

**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 £25.00 will be given to all cancellations received before the 18 March 2014. After this date the full fee is payable, regardless if the delegate attends or not. Substitutions can be made if we are notified up to 3 days before the event. "No shows" on the day are 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/s 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 Organisers unless requested in writing, and may be used to inform you about other appropriate services and events that may be organised in the future.



## Medica Cpd Ltd

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