

# Self-Harm & Hidden Despair

*How can we best support children & young people who self-harm & display other self-destructive behaviours.*

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A One Day Conference  
Tuesday 26th March 2024, Glasgow



#SelfHarm24 | @MedicaCPD |  
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# Self-Harm & Hidden Despair



## ABOUT THE CONFERENCE

**Do you work with children and young people? Join us for this thought provoking and informative conference which will provide you with a better understanding on self-harm & other self-destructive behaviours. Most importantly, you'll gain tools and practical strategies to best support the children and young people you work with. We're delighted to welcome back David Taransaud as our keynote speaker, and we can guarantee that he will challenge your perceptions in this area with his insightful and heartfelt presentations. Joining David will be Danny Gemmell, who provides wonderful insight and personal perspective to this complex discussion. We do hope you will join us!!**

## KNOWLEDGEABLE & INSPIRING SPEAKERS:



### DAVID TARANSAUD

David is a psychotherapeutic counsellor, consultant, author of: "You Think I'm Evil: practical strategies for working with rebellious and aggressive adolescents", "I, Monster: positive ways of working with challenging teens through understanding the adolescent within us" & "The Rage for Life" and trainer with over 20 years' experience working with challenging youth. As part of his work, he set up an art therapy service in an orphanage for former child soldiers and young people affected by conflict in Uganda.

### DANNY GEMMELL



Danny is the Founder of Be-inn Unity, a social enterprise that exists to inspire and educate communities so that individuals are empowered to thrive. Danny and the team work closely with communities ranging from primary and high schools, local authorities, and national businesses, delivering a variety of initiatives that are informed by attachment theory, to build emotionally safe cultures that offer relationships founded in love, kindness and compassion. Danny is passionate about removing the stigma associated with mental health and suicide prevention, driven from his own personal experiences.

## CONFERENCE DETAILS

Date Tuesday 26th March 2024  
Time 0955 – 1545, Registration and refreshments from 9.15am  
Venue Glasgow, TBC  
Fee £199 + vat

## WHO SHOULD ATTEND

This conference is a "MUST" for all professionals working with vulnerable children and adults, including educators, social workers, youth workers, youth justice workers, police, nurses, counsellors, medical professionals, mental health practitioners, third sector, employers and all others interested are welcome to attend.

It is advisable to book ASAP as places are restricted, please ensure you read our terms and conditions on the homepage of our website & this online leaflet. Confirmation of booking and further information will be emailed to you. If you have not received it within 3 days of submitting your booking, check your junk mailbox or call us on 0141 638 4098.

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# Conference Programme

<b>0955 – 1000</b>	<b>WELCOME &amp; INTRODUCTION FROM THE CONFERENCE CHAIR</b> <b>Martin Crewe</b> , Director Barnardo's Scotland
<b>1000 – 1110</b>	<b>TRAUMA IS CONTAGIOUS.... SO IS LOVE!</b> Zombies are now so mainstream that during an interview, George Romero, the godfather of horror flicks, said: "I expect a zombie to show up on Sesame Street soon, teaching kids to count". It may be a while before the undead teach our children their ABCs and 123s, but these creatures can educate us on what it means to be Human. During this talk, we will explore how these fictional characters can help us better understand the inner world of traumatised children. The talk will be illustrated with film clips of young people who, against all odds, never lost their ability to hope, to love and to be seen... to be <b>vulnerably seen</b> . Through them and their stories, we will explore how Love can reawaken attachment needs and warm wounded hearts back to life. <b>David Taransaud</b> , UKCP registered psychotherapeutic counsellor, consultant, author, documentary maker and trainer.
<b>1110 – 1140</b>	<b>REFRESHMENT BREAK</b>
<b>1140 – 1250</b>	<b>SELF-HARM AND HIDDEN DESPAIR: WORKING EMPATHICALLY WITH CYP WHO CUT THEMSELVES (Part 1)</b> Hurt people don't just hurt people, they're also very good at hurting themselves. Self-harm is a subject that makes many, if not most, feel uncomfortable. It typically elicits negative responses that range from shock and horror to disappointment, disgust, fear, and anger. Yet, like most human behaviour, self-harm has meaning, it only seems senseless or meaningless to the extent we are unable - or unwilling - to comprehend it (Diamond, 1996). During this talk, we will discover that self-harm is an attempt at surviving, it is an expression of hope, not of despair. It is the "most graphic cry for help... a bright red scream" (Strong, 1998) David will cover a range of themes including: - Understanding the origins of self-destructive thoughts and behaviours - How to break the 'Self Harm Cycle' - The importance of human touch (physical holding) - The healing power of empathy (emotional holding) - How to communicate with self-harmers and help them explore their experiences as they take place in us rather than in themselves. <b>David Taransaud</b> (As Before)

<b>1250 – 1350</b>	<b>LUNCH</b>
<b>1350 – 1355</b>	<b>WELCOME BACK FROM THE CONFERENCE CHAIR</b> <b>Martin Crewe</b> (As Before)
<b>1355 – 1430</b>	<b>SELF-HARM AND HIDDEN DESPAIR (Part two)</b> <b>David Taransaud</b> (As Before)
<b>1430 – 1445</b>	<b>REFRESHMENTS</b>
<b>1445 – 1500</b>	<b>TAKE A DEEP BREATH &amp; RELAX</b> Breathing exercises are one of the most effective calming strategies for CYP who are dealing with difficult emotions. You will be guided through some fun exercises.
<b>15.00 – 1530</b>	<b>"CONNECTING WITH COURAGE"</b> Danny will give a lived experience account of suicide ideation, as well as the struggles of losing friends and family to suicide. Through his presentation he will explore some of the contributing factors that may lead people to think about suicide, as well as practical steps that we can take as a community to connect with courage, build trust and offer love in our relationships. <b>Danny Gemmell</b> , Director, Be-Inn Unity
<b>1530 – 1545</b>	<b>QUESTIONS &amp; CONFERENCE CLOSING REMARKS</b>

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# Registration - Book Now



## Self-Harm & Hidden Despair Tuesday 26th March 2024, Glasgow A One Day Professional Development Conference

### Registration Terms & Conditions

1. Once we have received your booking online, by telephone, email or in the post, this constitutes a firm booking.
2. Your registration constitutes a legally binding agreement; payment must be received before the event unless we have a purchase order no. Any outstanding payment becomes the responsibility of the named delegate attending.
3. Cancellations must be made in writing. A refund less an administration charge of £30 + vat will be given to cancellations received before 26th January 2024. After this date the full fee is payable, regardless of if the delegate attends on the day or not. Substitutions can be made if we are notified up to 3 working days before the event.
4. The organisers reserve the right to change the programme, speakers and venue as required. In the unlikely event that we must cancel the event we will issue a refund for the registration fee. We are not responsible for any other costs incurred.
5. Data Protection: The personal data that you supply during the registration of this event will be entered into a database and used by the event organisers to manage your registration and attendance. Unless you advise to the contrary, in writing and in advance to the event organiser, your name and affiliation may be made available in a list of delegates to both attendees at, and the sponsor(s) of, the event. The personal data in the database will be retained by the event 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.
6. For full terms and booking conditions & privacy policy please check the booking form & homepage of the website before submitting your registration.
7. Confirmation of booking and further information will be emailed to your registration email address. If you have not received confirmation within 3 days of submitting your booking, please check junk mailbox or call the Medica CPD office 0141 638 4098.

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