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 and other non-clinical settings.
Conference Programme

9.15 – 10.00 Registration and Refreshments on Arrival.
10.00 – 10.35 Welcome and Introduction from the Morning Conference Chair
Alana Atkinson, Programme Manager, NHS Health Scotland
10.05 – 10.30 Understanding Self-harm and Suicide Risk
Professor Rory O’Connor, Professor of Health Psychology, University of Glasgow
10.35 – 10.40 Questions
10.40 – 11.10 Practical Strategies and Interventions for Supporting Adolescents who Self Harm
Caroline Harrow, Director, Harmlines, Nottingham
11.10 – 11.15 Questions
11.15 – 11.40 Refreshment Break
11.40 – 12.15 Case Studies, Ideas and Good Practice Examples from Work within the Community
Angela Voulgari, Project Worker, Edinburgh Self Harm Project, Penumbra
12.10 – 12.15 Questions
12.15 – 12.55 Strengthening Self Esteem and Body Confidence
Martin Standish, Dove Self Esteem Project Activator
Case Study: How Girl Guides are Building Girls Confidence, Self Esteem and Body Image Rebecca Macleman, Peer Educator, Girlguiding Scotland
12.55 – 1.00 Questions and discussion
1.00 – 1.15 Lunch
1.15 – 2.00 Introduction from the Afternoon Conference Chair
Susan Ringwood, Chief Executive, Beat
2.00 – 2.35 Eating Disorders – What are they?
Dr Alan Yellowlees, Medical Director and Consultant Psychiatrist, Priory Clinics
Glasgow and Edinburgh
2.35 – 2.40 Questions
2.40 – 3.15 Practical Strategies for Recognising and Responding to Eating Disorders
Dr Pooky Knightsmith, Mental Health Consultant, Author and Trainer
3.15 – 3.20 Questions
3.20 – 3.35 Refreshment Break
3.35 – 4.00 A Personal Perspective
Rebecca Scott, Young Ambassador with Sara Pratien
Young People’s Participation Officer [Scotland], Beat
4.00 – 4.15 Questions, Discussion and Closing Remarks
4.15pm Approx close

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

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
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

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.

Who Needs to Attend?
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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”

www.medica-cpd.com
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