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Summerhouse Services

'Supporting Brighter Futures'

Practitioner Training One Day Workshop



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'Self Harm & Young People'

Friday 23rd September

10.00 - 3.30

£75.00 pp

Lunch & Other Refreshments Included !

Venue - Saltash Social Club . The Mansion . Fore Street . Saltash . PL12 6JL

This highly regarded workshop offers the opportunity to explore the subject of self harm openly and safely in a small group. An ideal workshop both for those with no awareness of this subject, together with those that already support young people with this type of difficulty.

You can expect to be given an insight into the world of children and young people who self harm, as well as to gain understanding of the issue in its wider context, when seen as a form of coping. Opportunities will be given to discuss and reflect on personal attitudes towards self harm and in doing so, dispel some of the myths, taboos and misconceptions that surround the subject.

Safe and effective ways of initially identifying levels of risk and supporting young people that self harm will be explored, together with gaining awareness of agencies and avenues for referral and signposting. You will also have the opportunity to explore, in a neutral space, some of the potential challenges of supporting young people **safely and effectively** within the limits of organisational policies and procedures and understand how this impacts on young people's mental health in different ways.

As always, you can expect professional, lively, interactive and creative delivery throughout, together with a sensitive approach to, what is for some, a highly distressing subject to talk about.

This workshop has been designed in response to identified need from young people, practitioners and family members of young people and offers the opportunity to address areas that fall within the Healthy School, Safeguarding, SEND and Whole School Approaches among others.

Outcomes

- Discuss impacts of personal and professional attitudes towards self harming behaviour in an open and supported manner.
- Holistically explore the spectrum of self harming behaviour and links to a young person's emotional, mental, spiritual, social and environmental world.
- Empathically consider the experiences and perspectives of a young person who is self harming.
- Determine, practice and receive constructive feedback on **safe** and supportive ways of initially responding to a young person demonstrating self harming behaviour, together with an exploration of unhelpful approaches and the importance of understanding the difference when considering the risk of exacerbating the issue.
- Develop awareness of the importance of preventative and supportive self esteem and resilience building techniques to offer young people, together with how to offer these in an 'orbital' and generic way, to help young people who may be self harming without labelling, targeting or pathologizing them.
- Understand how to supportively establish levels of risk using student-centred approaches.
- Identify avenues for seeking support for you as a practitioner around the issue of self harm, as well as pathways for further training.

Some Feedback From Previous Workshops

'Fantastic ! Highly professional and very enjoyable; thank you !'

'Really interactive, friendly and inclusive; it has really developed my insight and understanding of the issue.'

'I loved the friendly, chilled but professional approach. It has helped me feel more confident supporting others.'

'This workshop was a game changer for me ! It has shown me how to help our young people much more effectively and has really opened my eyes ! Thank you so much :)'

'Great tutor, inspiring, fun, enthusiastic and reassuring; kept me on task, thanks.'

'As a newcomer to this subject it has been invaluable in helping me develop my understanding. Thank you.'

'Surprisingly enjoyable and very informative, Definitely recommend. A++!'

'A brilliant workshop that offers real insight, straightforward techniques and loads of tools that for me has brought to light a completely new approach that is powerful in its simplicity ! 11/10 !!'

Booking Details

Cost - £75.00 pp

(Lunch & Other Refreshments Included)

Saltash Social Club . The Mansion . Fore Street . Saltash . PL12 6JL

(Free Parking On Site)

For bookings or enquiries please contact Penny on any of the details below. You can also follow this link to the online booking form <https://summer-house.org/workshop-booking-form> . Invoices for the balance can be sent to you, or please make cheques payable to **'Summerhouse Services'**

Contact Details

(Please note this is not the venue address)

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