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Summerhouse Services

'Supporting Brighter Futures'

Practitioner Training One Day Workshop



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'Self Harm & Young People'

Tuesday 29th March

10.00 - 3.30

Virtual Offer - £45.00 pp



While this workshop is traditionally delivered face to face and the preferred option, your virtual experience will achieve the same outcomes and will remain informative, interactive, engaging and enjoyable !

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 mental health 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 stigma 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. Your virtual experience will be professional, lively, interactive and creative throughout, using a sensitive and compassionate approach to, what is for some, a highly distressing subject to talk about.

This workshop has been designed in response to identified need from C&YP practitioners 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 supportive and unhelpful ways of responding to a young person demonstrating self harming behaviour.
- Identify, practice and understand the importance of preventative and supportive self esteem and resilience building techniques to offer young people who may be vulnerable to, or participating in self harming behaviour.
- Understand how to supportively establish levels of risk.
- 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 !'

'All outcomes achieved and more ! Excellent virtual delivery style; interactive and very enjoyable! '

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

'As a parent I find this very hard to talk about. Thank you for making it easy, informative and enjoyable.'

'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++!'

Booking Details

Cost - £45.00 Per Person

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**'

This workshop uses the Zoom video conferencing platform for delivery. If you require any support installing Zoom or accessing the meeting, please contact me prior to the date for free support in this. Your booking confirmation will contain the invitation link to join the workshop.

Upon booking, please supply an address to which a small resource pack can be sent prior to the date to enhance your training experience. All handouts will be sent to you electronically after delivery as some of the activities are based on quizzes and guessing games. We therefore do not want to give the answers away to you beforehand ! We hope you find the day informative and enjoyable and welcome all constructive feedback.

NOTE: If you would like this workshop delivered to groups at your school or agency, the cost per group is :-

In Person - £850.00 for a cohort of up to 16 within the 'PL' postcode.. A small uplift of £25.00 will be added for venues outside of this catchment to support fuel and time costs.

Virtual - £420.00 for a group of up to 10.

Contact Details

(Please note this is not the venue address)

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