# Talking About Self-Harm:
# Listen, Plan, Act, Feedback
## A workshop for teachers & frontline school staff

## 29th September 2017
## Hallmark Hotel, Cambridgeshire

## About this course
- This half-day training aims to support front line staff in schools to better understand self-harm, to develop the skills and confidence to have helpful conversations with young people about self harm, and to plan what to do next in a safe, simple and effective way.
- The training is based on evidence-based research and from research with young people with experience of self-harm.
- It is co-produced and delivered by Dr Duncan Law and Kate Martin and young people with personal and professional experience of self-harm.

## The course will cover
- What is self-harm? Common myths and assumptions
- Self-harm as a signal: Understanding the story behind self-harm
- Thinking about risk: When to act, how to act
- Putting it into practice: Listen, plan, act, feedback
- Talking about self-harm – having effective conversations with young people
- Effective actions around self-harm

## Who is this course suitable for?
The course is designed for teachers and frontline staff in schools.

## Aims of the course?
The aims of the course are to enable participants to:
- Develop a better understanding of what self-harm is
- Understand young people's views and experiences of self-harm in schools
- Develop practical skills to have helpful conversations with young people about self-harm
- Feel confident to have conversations with young people and plan what to do next in a safe, simple and effective way

## Booking information
In order to register for the morning session please use this link
https://www.events.england.nhs.uk/events/5658/talking-about-self-harm

In order to register for the afternoon session please use this link
https://www.events.england.nhs.uk/events/5666/talking-about-self-harm

If you have any problems registering please contact Becky Wright becky.wright5@nhs.net

For other enquiries about this workshop please contact Duncan Law at:
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