

Understanding self harm and providing school based support

Course Code: 1619/30

“Getting your head above the crowd.”

Understanding self harm and providing school based support

Suitable for: *This workshop is relevant for all professionals who work with young people who self harm or are at risk of self harming- SENCOs, learning mentors, inclusion managers, teachers, SMT and TAs within Gravesham and Dartford Primary and Secondary Schools. It will be a highly practical and interactive session and participants will be able to take away some tried and tested ideas and resources for use in their own school/context.*

During this one day workshop participants will:

- Identify the risk factors for self harm and the prevalence of such behaviours amongst children and young people, dispelling myths around this topic
- Explore approaches to support young people to manage such behaviours via school based intervention programmes and the development of whole school policy and practice in this area
- Consider strategies and interventions for the most vulnerable young people and the route for referral to specialist agencies
- Develop an understanding of resilience theory and how to use CBT (Cognitive Behaviour Therapy approaches) and Positive Psychology approaches to enhance pupil engagement and wellbeing and provide preventative approaches for managing stress and anxiety in school and at home
- Participate in interactive sessions to explore, discuss and share useful resources and ideas for supporting young people

When & Where

Course Code: 1619

Date: 15th November 2016

Time: 9.30 - 15.30

Holiday Inn, Abbots Lane, Eight Ash Green, Colchester

Course Code: 1630

Date: 7th March 2017

Time: 9.30 - 15.30

Angel Centre, Angel Lane, Tonbridge

Course Code:

1619

1630

Tutor:

Dr. Tina Rae

Date:

15.11.2016

07.03.2017

Time:

09.30 - 15.30

Cost:

£85.00 pp

Venue:

15.11.2016

Holiday Inn

Abbots Lane

Eight Ash Green

07.03.2017

Angel Centre

Angel Lane

Tonbridge

Cost: £85.00 per person

For further details please contact:

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