

Training and
Development

UNDERSTANDING SELF HARM

Who is the course for?

Student and Qualified Counsellors, Teachers, Teaching Assistants and any other Support Staff working with parents and carers.

Aims of course:

1 in 10 of us self-harm by taking tablets, cutting, burning, piercing or swallowing objects to name a few. Some people self-harm regularly as it can become almost addictive and it is more common in certain groups than others. Course participants will gain an understanding of self-harming behaviours and how to respond therapeutically with support towards recovery.

Time:
10.00am
to
4.00pm

Date:

Friday
21st September
2018

Course Content:

- What is self harm?
- Myths and stereotypes
- Self harm and links to suicide
- Self harm and links to addiction
- How to respond to self harm therapeutically
- How to recover from self harm
- Further help, learning and information

Trainer

Victoria Abadi.

Families and Addiction Co-ordinator at The Counselling and Family Centre with 26 years experience of working with addictions. MBACP counsellor, qualified for 21 years and is FDAP Certified (Federation of Alcohol and Drug Practitioners).

Location :

The Counselling and
Family Centre
40 Mayors Road
Altrincham
WA15 9RP

Tea and coffee provided. Light refreshments and lunch are available from our café or bring a packed lunch.

Non-invoice bookings: 25% of the total cost is payable on booking to secure a place. The remaining 75% is payable 14 days before the start of the course. Deposit non-refundable.

Cost:

£95

Cheque: please make payable to The Counselling & Family Centre. Card: please telephone 0161 941 7754 to make a card payment, or for bank details to make a BACS payment. Invoice Only: please give details of whom & where to send to. Full payment required to secure booking. 75% refundable in cases of cancellation if cancelled more than 14 days before course date.

For further information or to book the course please call: 0161 941 7754 or email sarahbarker@thecfc.org.uk