

UNDERSTANDING SELF HARM

Date:

Saturday 9th December 2017

Time:

10am – 4pm

Location

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

Trainer

Elaine Leonard. Elaine is a registered British Association of Counselling & Psychotherapy counsellor and counselling supervisor. She has extensive experience of working therapeutically with children, young people and adults in organisations, schools and in private practice. Elaine is an experienced trainer and group facilitator and is currently employed as a supervisor at The Counselling and Family Centre.

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.

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

CPD hours: 6

Cost: £95

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.

Cheque: please make payable to The Counselling & Family Centre. Card: please telephone 0161 941 7754 to make a card payment. BACS payment - HSBC: Account Name: The Counselling and Family Centre Sort Code: 400822.

Account No: 61715429.

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.

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

For further information or to book the course please call: 0161 941 7754 or email:

coordinator@thecfc.org.uk