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# Self-harm: developing and improving professional understanding and practice

**Date:** Tuesday 20 March 2012      ORT House Conference Centre, London NW1  
Wednesday 18 April 2012      Birmingham  
Wednesday 2 May 2012      Cardiff  
Tuesday 22 May 2012      Manchester



## Speakers include

**Professor Philip Thomas** *Honorary Visiting Professor, Department of Social Sciences and Humanities, University of Bradford*

**Camilla Parker** *Partner, Just Equality*

**Suzie Marriott** *Operations and Clinical Director Inmind Healthcare Group*

**Clare Shaw** *Director and Training Partner, Harm-ed*

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## Programme

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### 9.30am Registration and refreshments

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### 10.00am Chairman's welcome

**Phill Chick** *Director of Mental Health, NHS Wales (Cardiff only)*  
**Professor Philip Thomas** *Honorary Visiting Professor, Department of Social Sciences and Humanities, University of Bradford (London, Birmingham, Manchester)*

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### 10.10am Dismantling the misconceptions about self-harm

- What is self-harm?
- Who it affects – young people, ethnic minorities, men, women
- Statistics – why is self-harm such an important public health issue
- What are the links between self-harm and suicide
- Government policy position on self-harm

TBC(Cardiff only)

**Professor Philip Thomas** *Honorary Visiting Professor, Department of Social Sciences and Humanities, University of Bradford (London, Birmingham, Manchester)*

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### Self-harm and young people – professional issues and concerns

### 10.30am Finding practical ways of helping young people cope with self-harm

- Talking about self-harm in school assembly and PSE
- Working with parents
- Confidentiality
- Practical ways to help young people cope
- Removing stigma

**Lysa Barnard** *Head of Services, 42nd Street (Manchester)*  
A representative Inspire Youth Work in Hospital Project, Wrexham (Cardiff)  
Other speaker to be confirmed (London, Birmingham)

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### 11.00am The legal obligations when dealing with young people who self-harm

- Duty of care
- Confidentiality and consent
- Child protection and safeguarding issues

**Camilla Parker** *Partner, Just Equality (all)*

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### 11.30am Break

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### Improving service delivery

### 12.00pm The impact of the initial response – creating an appropriate, sensitive and professional first impression

- Developing good listening and communication skills; what is appropriate behaviour
- Using a service protocol in A&E

- Understanding the legal and contractual obligations around self-harm
- Confidentiality and consent
- Building trust

Speaker TBC (Manchester, Cardiff)

**Dr Christine Hogg** *Senior Lecturer, Programme Manager School of Nursing University of Scotland (Birmingham, Manchester)*

**Suzie Marriott** *Operations and Clinical Director, Inmind Healthcare Group (London, Birmingham)*

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### 12.30pm Questions and discussion

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### 12.45pm Lunch

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### Practical steps and techniques for working with people who self-harm

### 1.45pm What do survivors/experts by experience want from those providing professional support and care?

**Alison Faulkner**, *Consultant trainer in Mental Health from a service user perspective (London)*

Speaker to be confirmed (other venues)

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### 2.05pm Holistic care planning – bio and psycho-social assessment

- What self harm is
- Guidance from NICE and the RCP
- Strategies that need to be considered from both a mental health and general nurse perspective
- Keeping the client as the centre of the care/advice

**Dr Karen Ousey** *Reader - Advancing Clinical Practice, School of Human and Health Sciences, University of Huddersfield and*

**Claire Ousey** *Mental Health Practitioner, Middleton and Rochdale Primary Care NHS Trust (London; Birmingham)*

**Liz Broadbent** *Practice Learning Facilitator/Lecturer Practitioner University of Huddersfield South West Yorkshire Partnership NHS Foundation Trust (Manchester)*

**Jacque Fletcher** *Honorary Fellow, National Institute for Clinical health and Excellence (Cardiff)*

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### 2.35pm Break

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### 3.00pm Harm minimisation – best practice

**Clare Shaw** *Director and Training Partner, Harm-ed (all)*

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### 3.40pm Strategies to help professionals protect their own emotional health

- Reflective practice
  - Knowing when to ask for support and who to ask
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### 4.20pm Chair's conclusions and end

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## About the conference

Delegate feedback from Pavilion's past self-harm events has indicated that past delegates believe that there is a need for specific training and information around their professional role, responsibilities and practice. This new series of road shows has been developed with this in mind. The focus will be predominantly on professional issues and concerns for those working in health, education and social care. A range of topics include:

- Finding practical ways of working with young people who self-harm and their families
- The legal issues around working with people who self-harm including questions around the duty of care, safeguarding and confidentiality
- The importance of delivering an appropriate, professional and sensitive first response
- Holistic care planning and assessment
- Developing multi agency protocols
- Harm minimisation
- Strategies for professionals to protect their own emotional health

National and local experts will join the panel to bring you up to date with the latest thinking and case studies and examples of best practice.

## Who should attend

- Frontline social workers in adult mental health and children/young people's services
- Frontline health care workers including GPs, nurses, Accident and Emergency personnel, school nurses, health visitors, CAMHS workers, psychologists and psychiatrists, therapists
- Social and health care professionals working in forensic and secure settings
- Teachers, support staff and volunteers working in primary, secondary and tertiary education
- Youth workers who may encounter young people who self-harm
- Private and voluntary providers of services to people who self-harm
- Experts by experience working with people who self-harm
- Policy advisors creating policies at national and local level about self-harm

## Managing Self Harm

**A training pack for people working with individuals who self-harm**

Deirdre Williams and Amanda Wildgoose

This flexible training pack provides trainers with all the resources required to train staff with very different levels of knowledge, skills and experience of working with self-harm. It provides a coherent and pragmatic framework for working with self-harm and may also help staff to contain some of their inevitable strong emotional responses when working with self-harming individuals.



**Format:** handbook

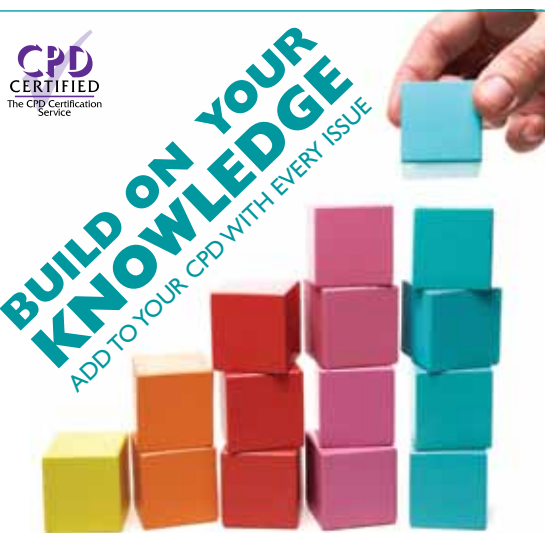
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Professionals within the social care sector are required to undertake Continuous Professional Development (CPD). Delegates can gain CPD points from attending our conferences and exhibitions. This conference may help towards your knowledge requirements at Quality Credit Framework level (QCF) level 3 – 8.

### About Pavilion

Pavilion is the leading publisher and event organiser for those working in social and healthcare fields, whether they work in the statutory, private or voluntary sectors. We publish over 200 training packs, Mental Health Today and Learning Disability Today magazines.

### Promotional opportunities

For more information about promotional opportunities at this conference, such as exhibiting and including your promotional materials in the conference delegate packs, please contact: Graham Hoare, Customer Relations Manager, Pavilion  
**Tel:** 01273 666703  
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Conference papers, as presented to the delegates on the day, are available on CD-ROM after the conference for £60 + VAT. This useful reference will include: available speaker papers, speaker biographies and any additional inserts.

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We cannot accept provisional bookings

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