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## Summerhouse Services

'Supporting Brighter Futures'



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### 'From Self Harm To Self Help'

**A Supportive Awareness Training Workshop For Any Adult That Inhabits The Home Or Friendship World Of Children & Young People**

**Monday 18th October**

**9.45 - 2.45**

**£30.00 pp** (Introductory Offer)

**£4 Lunch Voucher & Other Refreshments Included**

**Venue - Sainsbury's Marsh Mills . Team Room . Plymouth Road . Plymouth PL3 6RL**

This preventative and supportive workshop is brought to you in response to numerous requests from parents, grandparents, carers, other relatives and friends that inhabit the non-educational world of young people, for a safe, empathic, supported and accepting space where the issue of 'self harm' can be explored and understood from a young person's perspective. This workshop is relevant if you already have a child or young person in your life that self harms, or if you are worried about this becoming an issue for them.

You can expect to be given an insight into the world of children and young people who self harm, as well as to gain understanding of the issue in its wider context, when seen as a form of coping. Opportunities will be given to discuss and reflect on personal attitudes towards self harm and in doing so, dispel some of the myths, taboos and stigma that surround the subject.

Safe and effective ways of initially and supportively identifying levels of risk and supporting young people that self harm will be explored, together with gaining awareness of agencies and avenues for referral and signposting.

Your facilitator is a fully qualified and highly experienced person-centred therapist and further education trainer and also has direct experience of these issues in their own world. You can therefore expect a relaxed, friendly, professional and very human approach, together with respect, empathy and sensitivity for what is, for some, a highly distressing subject to talk about. The group is small (max 10) to facilitate a safe and supportive space and the training style is lively, interactive and creative, with lots of group discussion, learning activities and facilitative games.

#### **Outcomes**

- Holistically explore the spectrum of self harming behaviour and links to a young person's emotional, mental, spiritual, social and environmental world.
- Discuss impacts of personal attitudes towards self harming behaviour in an open, relaxed and supported manner.
- Increase empathy for the experience of a young person who is self harming.
- Identify supportive and unhelpful ways of responding to a young person demonstrating self harming behaviour.
- Identify, practice and understand the importance of preventative and supportive self esteem, resilience building and self soothing techniques to offer young people who may be vulnerable to, or participating in self harming behaviour.
- Understand how to supportively establish levels of risk.
- Identify avenues for seeking support for you around the issue of self harm, as well as pathways for further training.

## Some Feedback From Previous Related Workshops

*'As a parent I find this very hard to talk about. Thank you for making it easy, informative and enjoyable.'*

*'Fantastic ! Highly professional and very enjoyable; thank you !'*

*'Really interactive, friendly and inclusive; it has really developed my insight and understanding of the issue.'*

*'I loved the friendly, chilled but professional approach. It has helped me feel more confident supporting young people'*

*'Great tutor, inspiring, fun, enthusiastic and reassuring; kept me on task, thanks.'*

*'As a newcomer to this subject it has been invaluable in helping me develop my understanding. Thank you.'*

*'Surprisingly enjoyable and very informative, Definitely recommend. A++!'*

### Booking Details

**Cost - £30.00**

**(£4 Lunch Voucher & all other refreshments included)**

**Venue - Sainsburys Marsh Mills . Team Room . Plymouth Road . Plymouth PL3 6RL**

**(Free Parking On Site)**

For bookings or enquiries please contact Penny on any of the details below. You can also follow this link to the online booking form <https://summer-house.org/workshop-booking-form> . Invoices for the balance can be sent to you, or please make cheques payable to **'Summerhouse Services'**

### Contact Details

(Please note this is not the venue address)

**Penny Logsdail**

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**F. <https://www.facebook.com/supportingbrighterfutures>**

### A Note On COVID-19

**To keep our training and support environments safe and comfortable, we continue to adopt social distancing where possible of at least 1 metre. Please wear a face covering, unless exempt, until you are in the training room and please sanitise and wash hands regularly. All staff delivering the workshop will take a Covid test the evening before delivery and we would encourage you to do the same to facilitate group and individual responsibility. Thank You.**

**PLEASE DO NOT ATTEND IF YOU HAVE ANY COVID RELATED SYMPTOMS.**

**A full refund will be issued or the opportunity to hop onto another workshop date.**



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