**WORKING WITH SELF INJURY**

***A 1 day CPD course led by Jackie Barrett***

**Friday 19th October 2018**

**10am – 4.30pm**

# At: South Parade Baptist Church, Kirkstall Lane, Headingley, Leeds LS6 3LF

**Cost: £65. Concessions may be available.**

# *The day will include:*

# *The different types of self-injury*

# *Experiences of those who self-injure*

*The role of attachment and trauma*

# *Learning about the cycle of self-injury and how to break it*

# *Risk assessment*

# *Practical ways of working with those who self-injure*

***Previous feedback:***

*“Informative and practical- lots of tools and strategies.”*

*“I learnt masses.”*

*“Really helpful to understand it from our client’s point of view.”*

***Practicalities for the day:***

Refreshments will be provided. Please bring your own lunch.

***To book a place:***

Please email or post the attached form, along with payment   
**to arrive no later than 17th October 2018.** Spaces are limited so please book early to avoid disappointment. ***If you have any further questions, please email:*** [***info@restorecounsellingservices.org.uk***](mailto:info@restorecounsellingservices.org.uk)

**BOOKING FORM**

**FOR**

**WORKING WITH SELF INJURY**

**Friday 19th October 2018**

**10am – 4.30pm**

# At South Parade Baptist Church, Kirkstall Lane, Headingley, Leeds LS6 3LF

I wish to attend the above CPD and:

I enclose my cheque payment for £\_\_\_\_ made payable to Restore.

I have paid via BACS the sum of £\_\_\_, with LE suicide as the reference.

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Contact Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please either:

• post this completed form, enclosing your cheque, to:   
Restore Counselling, Christ Church, High Street, Tunbridge Wells, Kent. TN1 1UT.

• email the form to: [info@restorecounsellingservices.org.uk](mailto:info@restorecounsellingservices.org.uk) and pay via BACS (let us know if the payment name is different from the name on this form) using the following details:

Account Name: Restore

Sort Code: 40-44-37

Account Number: 72024489

Once received, you will be sent an email giving you a receipt and confirming your place. Your details will be kept securely and not passed on to any third party.

**UNDERSTANDING AND WORKING WITH SUICIDE**

***A 1 day CPD course led by Jackie Barrett***

**Saturday 20th October 2018**

**10am – 4.30pm**

**At** South Parade Baptist Church**,** Kirkstall Lane, Headingley, Leeds LS6 3LF

**Cost: £65. Concessions may be available.**

***The day will include:***

*A thorough picture of suicide and the neurobiology behind it*

*Understanding what it is like for the person feeling suicidal*

*Learning from 3 people who made a lethal attempt but survived*

*The most important aspects of assessment*

*Psycho-educational tools to equip both counsellor and client*

***Previous feedback:***

*“A really interesting and thought provoking day.”*

*“Very useful and informative.”*

*“Having done Suicide Awareness training many times before, this was a unique perspective, from which I have learnt a great deal.”*

*“Enjoyed strategies of working with clients.”*

***Practicalities for the day:***

Refreshments will be provided. Please bring your own lunch.

Free car parking available on site.

***To book a place:***

Please email or post the attached form, along with payment   
**to arrive no later than 17th October 2018.**   
Spaces are limited so please book early to avoid disappointment. ***If you have any further questions, please email:*** [***info@restorecounsellingservices.org.uk***](mailto:info@restorecounsellingservices.org.uk)

**BOOKING FORM**

**FOR**

**UNDERSTANDING AND WORKING WITH SUICIDE**

**Saturday 20th October 2018**

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Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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