

self harm training

LCET has been providing therapeutic programmes for young people for the past fifteen years.

Our work includes the provision of art therapy and psycho-educational programmes for young people who self harm. The project has received national recognition and is currently part funded by Children in Need.

More recently, LCET has begun to develop **selfharm.co.uk**, a wider national initiative to provide web based therapeutic work and training and information for parents and professionals.

The charity is based in Luton, Bedfordshire, where the twenty-two staff provide in depth support for local young people alongside training for professionals.

The training will be delivered by **Sara Garvie**, project director of the selfharm.co.uk.

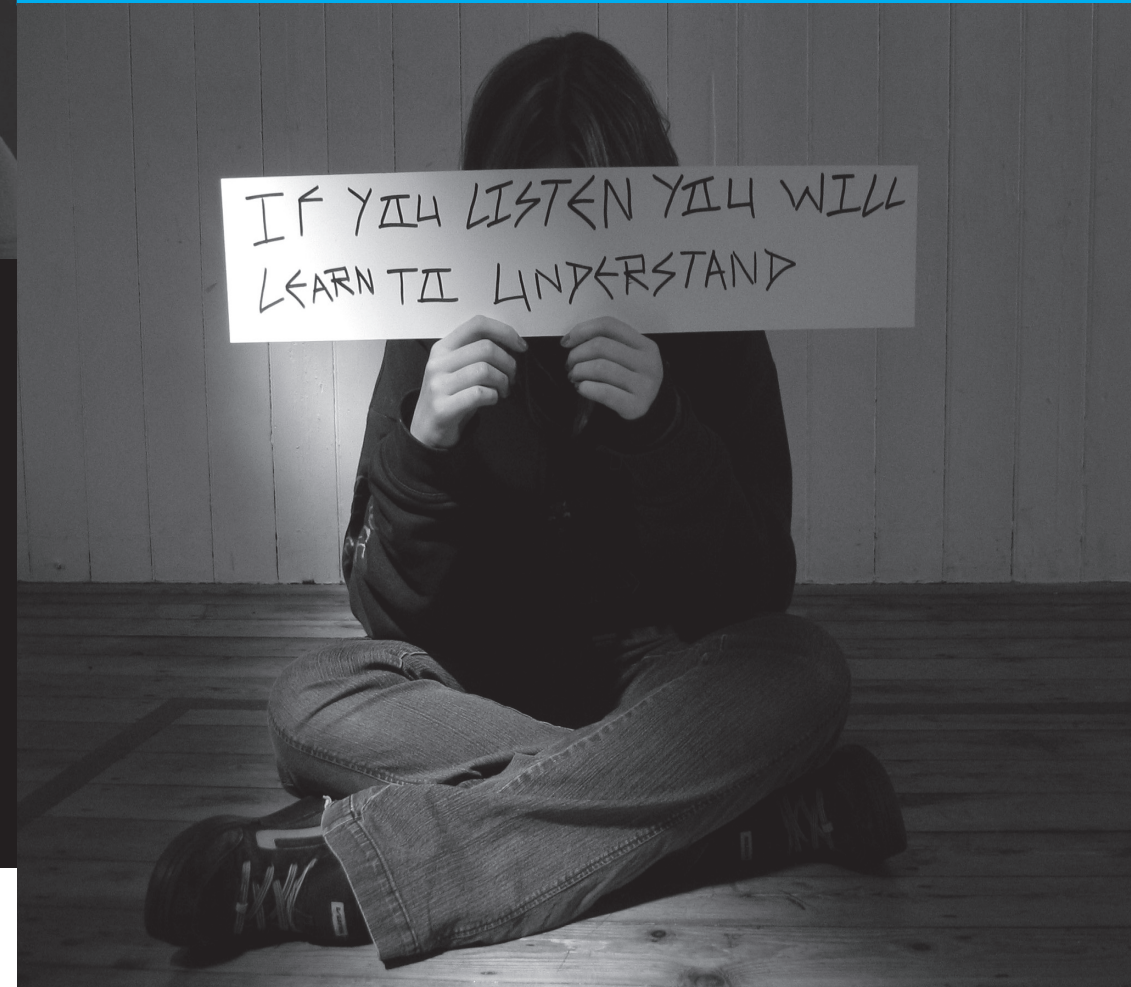
Sara has been working with young people who self harm since 2002, developing and writing LCET's current therapeutic programmes as well as overseeing the acclaimed 'Hear Me' art exhibition.

Her extensive experience of supporting young people self harming means she regularly speaks at conferences and provides training to a wide range of professionals. She is also co-author of 'Self Harm – The Path to Recovery'.

Sara brings not only extensive professional and academic experience to the training, but also a passion to see young people who self harm better understood and supported across the UK.

For further information or to make a booking contact Nicki Summerson

selfharm.co.uk, 3a Upper George Street, Luton, LU1 2QX
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nicki.summerson@lcet.org



A range of training sessions on self harm, for those working with young people to develop understanding, skills and confidence in this sensitive and difficult subject

Designed for people **working with those aged 11-19 years** in education, health, local authorities or the voluntary sector

Code 0708

Picture taken from 'Hear Me' an interactive art exhibition by young self harmers in Luton in 2006

a project of LCET, 3a Upper George Street, Luton, LU1 2QX

■ registered charity no. 1081754

■ registered company no. 3939801, registered in England, a company limited by guarantee



selfharm.co.uk

a project of The Luton Churches Education Trust



2 hour essential knowledge seminar

Ideal for those who want a basic understanding of self harm as a relevant resource for their work with young people.

Learning Outcomes

- ▶ an overview of the latest research on the extent of self harm among young people and particular high risk groups
- ▶ understanding why young people self harm
- ▶ understanding the different methods young people use to self harm and ways they may hide their harming from others
- ▶ how to respond if a young person discloses that they self harm
- ▶ an awareness of the practical and emotional pressures that may arise in working with young people who self harm
- ▶ where to refer young people locally for specialist support on self harm
- ▶ knowledge of the correct self harm terminology

The 2 hour essential knowledge seminar is a combination of presentation and multimedia video and slides.

“Anyone who works with young people needs to do this training.”

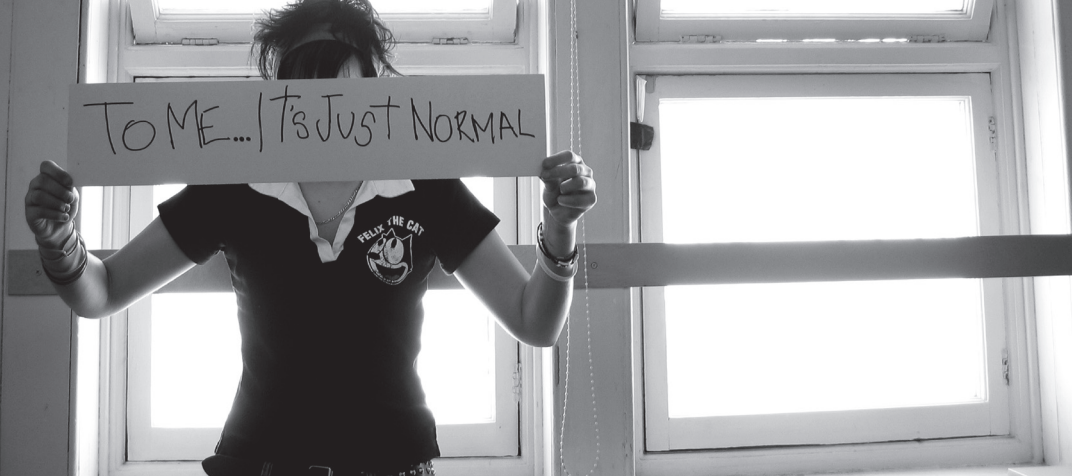
Martin Watson, Learning Mentor Coordinator, Luton

“The practical and theoretical training gave a great professional insight that effectively equipped my volunteers to support the needs of young people. Highly recommended.”

Dawn Hewitt
Service Manager, CHUMS

“In our line of work it is all too easy to be wrapped up in determining solutions for problems immediately. What was useful about this training was realising that sometimes the solution for self harmers are not instant and can take time.”

Lorraine Croft
Deputy Head Teacher, Cardinal Newman High School



1 day in depth workshop

Ideal for those who want to confidently offer constructive and practical support to young people who self harm.

Learning Outcomes

All the learning outcomes from the 2 hour seminar plus:

- ▶ an understanding of the key steps needed to help young people reduce their harming
- ▶ questioning skills with young people who self harm
- ▶ alternative coping strategies for young people who self harm
- ▶ legal obligations and duties on those working with young people who self harm
- ▶ understanding of physical, emotional and psychological indicators of self harm
- ▶ therapeutic tools to engage young people to think about why they harm

“Refreshingly honest and insightful. Very informative, giving practical insight into a complex area. Thoroughly recommended to everybody: parents, carers and professionals.”

Elizabeth Selmeczi
Senior Social Worker, Luton Borough Council

“Each member of staff has a much greater understanding of self harm, which has readily informed and improved their work.”

Yvonne Jackson
Partnership Coordinator for Drug and Alcohol, Luton PCT



2 hour seminars cost **£195** for a group size of less than 10, **£295** for groups between 11–20 and **£395** for groups over 21. The maximum number for a seminar is 100.

Location Training can be delivered at a venue of your choice or, at no extra cost, in the LCET conference suite close to Luton town centre.

1 day workshops cost **£495** for a group size of less than 10 and **£695** for groups between 11–20. The maximum number for a single workshop is 20.

The 1 day in depth workshop includes interactive exercises and group work in addition to a presentation and multimedia video and slides.