



The Psychology of Self Harm and Behaviour Course

Tuesday 18 May – Wednesday 19 May 2010 (1½ Days)

"The Psychology of Self Harm & Behaviour Course helped me to feel inspired again! It reinforced what my role is and how I can make a positive difference. It was great that you shared your experience with us, which added credence and authenticity to what you were saying. I feel more able to delve deeper and confident in dealing with self harm."

Julia Clarke, St Paul's RC School

Do you often wonder why....?

- ⇒ More young people are getting confused and 'acting out'?
- ⇒ Some children and young people self harm?
- ⇒ Some children and young people behave in a particular way and don't seem to be able to break the habit?
- ⇒ Suicide is on the increase amongst young people?
- ⇒ Some young people appear to be apathetic?
- ⇒ Seemingly very intelligent young people throw their opportunities away and end up mixing with the wrong crowd, getting pregnant or get into debilitating habits like drug taking, alcohol or joining gangs?

"Very useful in both roles. I will be able to offer honest and factual support now and intervention and use of tools in the often taboo subject of self harm. This course is like a breath of fresh air in a role where limited training and intervention is offered."

Karen Payne, West Midlands Police

By the end of the Course, you will:

- √ Have an awareness of the underlying emotional and psychological challenges, patterns and beliefs that might precede the self harm
- √ Be able to interpret better the Positive intentions relating to self harm
- √ Be more aware of how YOUR behaviour could have a positive or negative impact on people experiencing self harm
- √ Be more confident in your ability to support someone who self harms
- √ Be able to use effective language and communication to those self harming
- √ Have a better appreciation of the remedies and treatment options for people who self harm
- √ Be equipped with a range of tools and strategies that you can use to support individuals who self harm

"It has increased my awareness and confidence in relation to supporting people who self harm"

Helen Maitland, The Children's Society

The emphasis of this Course is on the **emotional** and **psychological** issues that potentially precedes the actual self harm activity.

It takes YOU on a journey of discovering and uncovering the awareness of issues and circumstances that may **trigger** self harm activities in young people.

Additionally, the Course provides delegates with effective tools and strategies to support young people in dealing with self harm

"The Course made me feel more confident that my approach is appropriate when working with children and young people."

Godfrey Tomlinson, Family Support Team, Birmingham City Council

Finally, included in The Psychology of Self Harm & Behaviour Course are modules for you as a professional to identify how you can **support yourself and parents** better and differently within self harm and other aspects of your work with young people.

DATE: Tuesday/Wednesday 18 – 19 May 2010

Investment: £297 Individuals

£297 small charity/voluntary orgs/schools

£427 large public/private organisations & companies

Venue: Jury's Inn, Broad St, Birmingham

Time: 09.15 – 4.30pm

"Really useful and interesting course. I learnt a lot. This Course is really inspiring."

Sheila Dance, North Wales National Probation Service

WHO SHOULD ATTEND?

Anyone working with children and young people, including:

- √ Teachers
- √ Social Workers
- √ Youth Workers
- √ LEA (Local Education Authority) staff
- √ Foster Carers
- √ Extended School Staff
- √ Child Protection Teams
- √ Probation Officers;
- √ Prison Officers
- √ Family Support Workers
- √ Connexions Staff
- √ Primary Care Trust

- √ Residential Staff
- √ Learning Mentors/Mentor
- √ Police Officers
- √ Teaching Assistants/Support Staff
- √ C.A.M.S Staff
- √ Asylum Seekers/Refugee Support Staff

For further information contact Jennifer McLeod on +44 (0) 121 551 1668 or email youngpeople@jennifermcleod.co.uk.

What do you do now?

Complete the Priority Registration Form attached to **BOOK** this Course for yourself, staff and colleagues. Please complete one Booking Form per person

Further joining instructions will be forwarded on receipt of your **Priority Booking Form and Payment**. Invoices will be sent separately. This is on a first come first served basis only and delegates who have paid will have their places secured.

Please also forward the above to anyone working with young people who you know might benefit from attending

Thank you

The Young People Psychology of Self Harm & Behaviour Course is extremely popular with more and more media coverage of the situation. Last year we were oversubscribed and many people were still enquiring about this course even after the event.

**** Places are limited. Please book your place now to avoid disappointment****

Yours Sincerely



Jennifer McLeod, BSc (Hons) Psych; NLP Pract; MCIPD; Dip.LC; Advanced Reiki II Group Managing Director

*Jennifer McLeod is an International Speaker, Psychologist, Trainer, Inspirational Parent & Relationship Coach, and Author with over 20 years of people management experience and **Creator of the Born To Win! Programme for Young People, and Creator of Easy Tiger Parent System***

"The Psychology of Self Harm & Behaviour Course has given me fresh insight and strategies to use and to know what to look out for. Thank you so much. I was very inspired by what you do and useful to hear about your own personal experiences."

Jan Loxley, Primrose Hill Community School

PRIORITY REGISTRATION FORM

How To Book:

FAX: Complete & fax this Priority Registration Form to +44 (0)121 551 1668

POST: Complete & Return this Form with **Payment or Invoice** details to:
Training Administrator, Step Up! International Ltd, Inspirational House, Friary Road,
Birmingham, B20 1BB

TEL: +44 (0) 121 551 1668 **EMAIL:** youngpeople@jennifermcleod.co.uk

Your Details:

(Please complete a separate Form per delegate)

Mr/Mrs/Miss/Ms/Other.....

Name:.....

Business/Organisation:.....

Address.....

Post Code.....

Telephone.....

***Email**.....

Event Title.....

How did you hear about this Event/us?.....

Date of Event.....

Payment

By Cheque

A cheque for £.....made payable to Step Up! International Ltd

By Credit Card

Contact us. This is done via Paypal

By Invoice:

Please send Invoice to:

Name.....

Job

Title.....

Business/Organisation.....

Address.....

Post Code.....

Country.....

Telephone.....

***Email**.....

Purchase Order No/Budget Code No.....

Event Fee: (1½ Days):

- £297 Individuals
- £297 Small charity/Schools
- £427 Large public/private orgs

Confirmation of Registration:*

*All registrations will be confirmed via Email. Please provide a valid email address.

Cancellations

Cancellations must be received in writing no later than 2 weeks prior to the Event date to qualify for a refund.
75% refund if one to two months notice given. 50% refund if 2 – 4 weeks notice given. No refund given for cancellations 2 weeks or less of the Event.

If you are unable to attend, a substitute delegate may take your place.

