

Inside Out



**Suitable
for all
school staff
and family
workers**

Understanding Self-Harm in School Age Children (Primary and Secondary)

Self-Harm is probably one of the most misunderstood issues in the behaviour of children and if dealt with inappropriately behaviour can escalate, all too often with tragic outcomes. This one-day workshop will explore both the causes and functions of self-harming behaviour in children, how to recognise the signs that a child is self-injuring and how to deal with it appropriately in the school environment. This will be an experiential workshop and participants are invited to bring any experience they have of children who self-harm to use in discussion.

Alison McKnight and Cathy Mackay are qualified social workers with a total of 44 years of experience working therapeutically with children and families! Both hold the Post Graduate Diploma in Child and Adolescent Mental Health. Alison is also a qualified teacher and Cathy has a Diploma in Cognitive Behaviour Therapy.

“This had a great impact on me” – TA4

“Really powerful stuff, learnt lots and really enjoyed the day” – Th.Inc.Room worker

“The course has given me good insight into the subject of self harm, showing that it can encompass many different forms.” – Learning Mentor

Wednesday March 7th 2012

9.30-3.30

eQe Training Centre

(attached to Abbey Hey Primary School)

Cost: £80+VAT (includes lunch)



▲ Understanding Behaviour and Emotional Needs ▲