



## Public Seminar

**PAC-UK**



TOGETHER WITH **AAY**

**THE AGENCY FOR  
ADOPTION &  
PERMANENCY  
SUPPORT**

## Living with a Child Who Self Harms

### Who should attend

Adoptive parents and other permanent carers

Social workers and other professionals working in adoption and permanency

### Trainer

**Liz Blakey** is a person centred psychotherapist and trainer. She has over 10 years of professional experience working in the NHS and voluntary sector services as well as a wealth of personal experience. Liz delivers specialist training in the fields of self-harm, early life attachment trauma and personality disorders.

Liz also brings a unique perspective to this particular training as an adopted person herself.

The training will explore what is self-harm and the range of self-harm, including cutting, burning, hair pulling, scratching and head banging. Attendees will gain an understanding as to why children and young people self-harm and what function it serves. There will be advice as to what are helpful and unhelpful responses to self-harm. Liz will explore harm minimisation, risk management and sources of support. There will be practical advice as well as understanding the importance of caring for the carers and the impact of self-harm on families.

### Dates

#### Leeds

Thursday  
21 April 2016  
9.30am – 4.30pm  
Lunch will be provided

#### London

Thursday  
28 April 2016  
9.30am – 4.30pm  
Lunch will be provided

### Venue

#### Leeds

Shine,  
Harehills Road,  
Leeds LS8 5HS  
(free parking available)

#### London

Resource for London,  
356 Holloway Road,  
London N7 6PA

### Fees

#### PAC-UK Subscribing Local

##### Authorities/Self paying carers:

Individuals: £80 (£96 incl.VAT);  
Couples: £150 (£180 incl.VAT);  
Professionals: £139 (£166.80 incl.VAT)

#### PAC-UK Non-Subscribing Local

##### Authorities:

Individuals: £92 (£110.40 incl.VAT);  
Couples: £172 (£206.40 incl.VAT);  
Professionals: £164 (£196.80 incl.VAT)

### Benefits of attending:

You will have to opportunity to find out more about how to:

- Understand the reasons behind self-harm and the functions it serves.
- How to support a young person who is self-harming
- Where to access support
- Strategies to manage the emotional impact of self-harm

**Enrol** [www.pac-uk.org/training](http://www.pac-uk.org/training) **Contact** [training@pac-uk.org](mailto:training@pac-uk.org) **Web** [www.pac-uk.org](http://www.pac-uk.org) **Tel** 020 7284 5872

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