



Public Seminar



PAC-UK



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.

VIA  zoom

Date

Wednesday
12 May 2021
10.00am – 4.30pm

Fees

PAC-UK subscribing local authorities + all self-paying parents/carers:

Individual parents/carers:
£96 plus VAT (£115.20 in total)
Couples: £171 plus VAT
(£205.20 in total)
Professionals: £159 plus VAT
(£190.80 in total)

PAC-UK non-subscribing local authorities:

Individual parents/carers:
£105 plus VAT (£126 in total)
Couples: £196 plus VAT
(£235.20 in total)
Professionals: £187 plus VAT
(£224.40 in total)

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 **Contact** training@pac-uk.org **Web** www.pac-uk.org **Tel** 020 7284 5872

PAC-UK, Family Action Head Office, Unit 3 Wharf Studios, 34 Wharf Road, London N1 7GR