



WORKING WITH YOUNG PEOPLE IN DISTRESS: 3 X 1 DAY WORKSHOPS

Funded by the Nursing and Midwifery Planning Development Unit, Health Services Executive - North, the **Irish Institute of Mental Health Nursing** are offering a series of **free 1 day workshops in Dublin on supporting young people** in distress.

Facilitated by Rai Waddingham, an international trainer that combines personal and professional expertise, these interactive workshops will provide you with a fresh understanding of young people in distress and equip them with essential skills to enhance their practice.

- 13 December: Working with Young People who Self-Harm
- 14 December: Supporting Young People who have Distressing Beliefs & Paranoia
- 15 December: Talking with Young People about the Voices they Hear

ALL COURSES ARE HELD AT @ TRINITY COLLEGE DUBLIN

WORKING WITH YOUNG PEOPLE WHO SELF-HARM

13 DECEMBER 2017, 10.00AM - 4.30PM @ TRINITY COLLEGE

Whilst the awareness of self-harm in youth services has grown in recent years, understanding and supporting young people who hurt themselves can be both personally and professionally challenging.

This workshop explores different ways of: understanding self-harm; safely opening up conversations around self-harm; exploring the role of self-harm alongside a young person; developing creative strategies to reduce distress; promoting communication and empowerment; understanding and managing one's own feelings and responses to self-harm; supporting your colleagues, parents and a young person's peers.



SUPPORTING YOUNG PEOPLE WHO HAVE DISTRESSING BELIEFS & PARANOIA

14 DECEMBER 2017, 10.00AM - 4.30PM @ TRINITY COLLEGE

Troubling beliefs and paranoia can be linked with a range of life experiences and diagnoses - far beyond those of psychosis. Whether this is the fear of contamination, the belief in one's invincibility, feeling targeted by the government or feeling convinced that one has a terrible illness, troubling beliefs can severely limit a young person's life and be difficult to explore or work with

This workshop provides a unique inside look at such difficult beliefs, exploring ways of: understanding difficult beliefs; talking about difficult beliefs with young people; developing coping strategies; making sense of beliefs in the context of someone's life experiences; dealing with challenging situations.



These workshops are open to anyone with an interest in supporting vulnerable young people, including: nurses, OTs, social workers, psychiatrists, peer support workers, youth workers, counsellors, therapists mentors, CAMHS/EIS and substance misuse workers. **Applications from nurses are prioritised.**

TO BOOK, SPEAK TO MARK: MONAHANM@TCD.IE | 01-8962496



WORKING WITH YOUNG PEOPLE IN DISTRESS: 3 X 1 DAY WORKSHOPS

TALKING WITH YOUNG PEOPLE ABOUT THE VOICES THEY HEAR

15 DECEMBER, 10.00AM - 4.30PM @ TRINITY COLLEGE

Research suggests that 23% of CAMHS clients hear voices (Kelleher et al, 2013) - far more than we hear about in everyday practice. Fear, stigma and difficulty articulating the experience can stop young people opening up and getting valuable support.

This workshop explores: some of the barriers to disclosure, and how these can be overcome; facilitating safe and helpful conversations; helping parents and carers navigate conversations around voices; strategies to facilitate communication that can be used individually, in groups and at different stages of intervention (including schools, CAMHS and inpatient units).



ABOUT THE TRAINER



Rai is an experienced international trainer specialising in innovative ways of supporting people who struggle with voices, visions, difficult beliefs and the impact of complex trauma. In addition to having her own lived experience of voices and self-harm, Rai has particular expertise in working with children, young people and people in secure settings/prison. She is an Open Dialogue practitioner in the NHS and pioneered the innovative Voice Collective young people's project in London from 2009-2015. **See:** www.behindthelabel.co.uk

APPLICATION FORM

Name:

Phone:

Address:

Email:

Role:

Organisation:

COURSES APPLIED FOR:

	Working with young people who self-harm, 13 December
	Supporting young people who have distressing beliefs and paranoia, 14 December
	Talking with young people about the voices they hear, 15 December

Graduates of **any** of these courses are eligible for the 2 day peer support group facilitation training.

RETURN FORMS TO MARK MONAHAN: MONAHANM@TCD.IE | 01-8962496