

PAYMENT DETAILS

By BACS or internet banking: payment for Peter Christison & Associates. Sort code: 40 43 51 Account no: 11261517
HSBC 21 High St Storrington West Sussex
Please quote reference: SHT 06 05 2011

By cheque: Payable to Peter Christison and Associates. Address
32 Timberlands Storrington RH20 3NF.

Invoice: Payment *must be received within 14 days* of invoice, after which your place cannot be reserved.

Cancellation terms: If we have to cancel the training, a full refund will be offered or an alternative training date. If you have to cancel we regret we cannot offer a refund if this is less than 6 weeks before the training date. If you cancel an admin charge of £15.00 will be payable. However we will accept a substitute delegate up to including on the training date.

Agreement:

I _____ (Name in block letters) have read and understood the terms of attending this training, and have the authority to sign this booking form.

Signature.....

Position in the organisation:

About us & the trainer: We have an expertise in mental health and workplace health, operating UK wide utilising experts in their own field. Niki D the trainer is a qualified counsellor & psychotherapist working with young people and adults. She is an accomplished trainer in self-harm and suicide awareness.

Peter Christison & Associates



HEALTHY MINDS
in your workplace

*Established since 1995
In Workplace Health &
Mental Health*

Self-harm awareness training

Friday 6th May 2011

At Better Bankside
18 Great Guildford Street
(Junction of Zoar Steet)
LONDON SE1 OFD

(10 minutes walk from London Bridge Station)
Click on map link below

<http://www.betterbankside.co.uk/map/?x=532115&y=180274&bizid=400&showbiz=1>

www.healthymindsinyourworkplace.com
Tel: (01903) 742434 or 0778 78 6639



About this 1 day training

Self-harm is a complex behavioural condition. It is often misunderstood and can be distressing to those who know or work with a person who self-harms. Unfortunately people who self-harm can be affected by stigma, particularly due to lack of knowledge and understanding about the condition. Some people who self-harm can lead to suicide sometimes without intention.

This course provides a thorough background and understanding of the condition and gives skills to work with those who self-harm, enabling harm minimisation & safe practice, and handling a crisis.

The aims and Objectives:

Aims:

- ✦ To gain a thorough understanding of self-harm
- ✦ To enable the delegate to work with a person who self-harms

Objectives:

- ✦ Defining self-harm and self-injury
- ✦ Considering attitudes towards self-harm
- ✦ Exploring experiences and feelings behind self-harm
- ✦ Current statistics on self-harm
- ✦ Recognising risk factors
- ✦ Understanding the functions & purposes of self-harm
- ✦ Considering the impact of working with people who self-harm
- ✦ Introducing supporting strategies to address self-harm behaviour, including cycle of self-injury and 'safe' self-harm
- ✦ Staff support issues and agency good practice

Who should attend?

- ✦ Anyone working with vulnerable adults or young people in residential or community settings i.e. housing, probation, and care staff

✦ Staff who work in the NHS, including A &E, or social care

COST £125.00 -NO VAT- PER PERSON
Either 'Early bird' discount buy place(s)
pay by 31 03 2011- £95.00*

or buy 2 places : £125, 2nd one £95.00

INCLUDES :

- ✦ DELEGATE TRAINING PACK
 - ✦ REFRESHMENTS THROUGHOUT THE DAY
 - ✦ LUNCH
 - ✦ CERTIFICATE OF ATTENDANCE
- Subject to availability***

For further information contact Peter Christison :
E-mail : info@healthymindsinyourworkplace.com
Phone : (01903) 742434 or 0778 78 66 339

BOOKING FORM

Name :

Organisation name :

Address (& post code)

Phone :

E-mail address:

Additional delegates names:
(Please use 1 form for up to 2 delegates)

Special needs:

Continued over