

Looking at Loss and Grief

Professional Development Training by The Grief Centre

Self-Harm

6th August 2019 - Wellington

A half day workshop presented by Dr Fiona Pienaar

Gaining additional insight through relevant research, the voices of clients, peer discussion and guidance on working effectively to support clients who self-harm

Self-harm has been highlighted as a 'major public health concern', both nationally and internationally. With serious non-fatal intentional self-harm injuries in 2017 described by Stats NZ as being at their highest recorded rate, recently published (2019) research has identified self-harmful thoughts and behaviours as both multidimensional and complex of nature. Gaining insight into this complexity should enrich and enhance our practice.

This half day workshop is designed to equip professionals and volunteers with key knowledge, skills, and resources to be able to provide informed, compassionate, appropriate support for those who self-harm. This is an educational, discursive and interactive workshop.

It will cover:

- An Introduction; Who is in the Room
- A range of definitions of self-harm
- Personal reflections
- Understanding the nature of self-harm
- Global and national methods and prevalence
- Relevant and recent research developments
- What we may not know about self-harm; misconceptions
- Risk and protective factors associated with self-harm
- What we can learn from the voices of people who have personal experience of self-harm
- Barriers to help-seeking
- Parents/carers experiences of supporting those who self-harm
- What's the evidence on effective interventions and support and what do we think as professionals at the 'coalface'
- Immediate strategies; long-term, broader strategies
- National and International resources; support options available in NZ
- The wellbeing and self-care of professionals

Further Information

- Date:** Tuesday 6th August 2019
Time: 9.30am - 1pm
Venue: All Saints Church and Conference Centre,
90 Hamilton Road, Hataitai, Wellington
Cost: \$95 plus GST



To register please email events@griefcentre.org.nz

www.griefcentre.org.nz



About the Presenter:

Dr Fiona Pienaar has had a career in education, research and mental health; both clinical and operational. With a life journey spanning South Africa, New Zealand and the UK, she has recently been involved, as Chief Clinical Officer, in setting up a digital service in the UK called Shout Crisis Text Line, a charity funded by The Royal Foundation, as a legacy project out of the four young Royals' Heads Together campaign. In a pilot year which saw 70,000 conversations held with people seeking help in a crisis, 41% of those conversations involved talking about suicide and self-harm. Fiona has previously delivered presentations in the UK that focused on self-harm and has been fortunate to collaborate with and attend international conferences with some of the world's leading experts on the topic. Fiona has continued to maintain a small private practice with both clients and supervisees, wherever she is in the world.



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