

Workshops in Geraldton – 27 & 28 August 2018 – *Counselling and Self-Harm*

Random Acts of Counselling - *One-day workshop to learn listening and helping skills.*

Monday 27 August 2018



Do you often find yourself listening to other people's problems? Does your role require you to assist people who are having difficulties? Learn and practice powerful communication skills in this interactive and fun one-day workshop. Suitable for anyone who wants to become a better listener and helper and provides an opportunity to learn and try out a range of communication and counselling skills designed to help others. No counselling experience necessary!

Hurting, Helping & Healing - *Responding to Self-Harm and 'At Risk' mental states.*

Tuesday 28 August 2018

More people seem to be self-harming, most alarmingly those involved are getting younger, recent studies indicate that 1 in 10 people have deliberately injured themselves in the past year. This workshop aims to provide "real world" strategies to engage and support people with high-risk behaviours, who self-harm and/or have suicidal thoughts. **Participants will learn about:**

- Self-Harm - Deliberate Self Injury – definitions and labels - social, cultural, clinical, ethical and personal perspectives.
- Self-Harming and Suicidal behaviours - how these develop, individual and environmental factors.
- The role of trauma, adverse life experiences in the development of high-risk behaviours. The importance of Trauma informed care.
- Mental Health Issues and "At Risk" Mental State - Depression, Anxiety, Psychosis, Personality Disorders including Borderline Personality Disorder.
- The role of social media - Facebook, Twitter, Instagram - legal implications of 'Cyberbullying' and 'Sexting' etc.
- Strategies to help those who self-harm. How to engage and support, assess risk, recognise warning signs, helpful ways to respond, when, where to refer on.
- Professionalism, Boundaries, Confidentiality, Ethics and the importance of worker self care.



How do I register?

Spaces are limited; please book your space now.

Email your name and the workshop(s) you wish to attend.

p.p.training@ozemail.com.au

Ph (02) 9918 8848

P&P Training & Consultancy.

PO Box 387 Seaforth NSW 2092

Where: Desert Blue Connect
28 Durlacher Street, Geraldton

Time: 9.30 till 4.30pm

Cost: \$225 (plus GST) per one-day workshop.
Morning and afternoon teas provided.

P & P Training and Consultancy

are based in Sydney NSW and offer specialised training and consultancy nationally to Government, NGO's and community services including; Salvation Army, Red Cross, Mission Australia, Dept of Housing, Dept of Juvenile Justice, Dept of Community

Website:

workingwithyouth.com.au

These workshops are presented by Phil Nunn, a Psychologist who has worked with marginalised and 'at risk' young people for over 20 years. Phil provides specialised training for counsellors and youthworkers in communication and counselling skills, mental health issues, suicide risk assessment, substance use/abuse, Autism and ADHD including the use of music and other forms of creative expression as therapeutic

