



Youth in Distress: Managing Suicidality and Self-harm

Audience:

School psychologists and counsellors

Duration:

6-hours (plus morning tea, lunch & afternoon tea)



The workshop has been designed to build on the current level of skills of school counselling staff, and to further develop confidence in undertaking risk assessments and safety planning for youth in distress.

In this highly interactive course, clinicians will have the opportunity to work on real case studies, reflect on their own experiences, and learn from peers. The program has been developed based on extensive consultation with school psychologists and counsellors to identify the issues and solutions for dealing with complex cases in the school setting. It is run by highly experienced clinicians with advanced group facilitation skills.

Topics Covered

Topic 1: The suicidal crisis

Topic 2: Assessing and managing risk

Topic 3: Self-harm

Topic 4: After the attempt

Topic 5: Self-care

Learning Outcomes

At the completion of this training participants will be able to:

- Identify and understand the context for distress in youth
- Undertake a suicide risk assessment effectively
- Develop a collaborative safety plan
- Implement a team approach to treatment planning
- Assess and manage self-harm
- Provide effective management following a suicide attempt
- Understand strategies for self-care for school psychologists

Accreditation • 6 Hours CPD (Psychologists)