



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

NEW DATES - COURSE REARRANGED TO MAXIMISE PARTICIPATION

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

Facilitated by Rai Waddingham, an international trainer that combined 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.

- 22 November 2017: Working with Young People who Self-Harm
- 11 January 2018: Supporting Young People who have Distressing Beliefs & Paranoia
- 12 January 2018: Talking with Young People about the Voices they Hear

ALL COURSES ARE HELD AT @ SCHOOL OF NURSING AND MIDWIFERY, NUI GALWAY

WORKING WITH YOUNG PEOPLE WHO SELF-HARM

22 NOVEMBER 2017, 10.00AM - 4.30PM @ NUI GALWAY

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

11 JANUARY 2018, 10.00AM - 4.30PM @ NUI GALWAY

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: SIOBHAN.SMYTH@NUIGALWAY.IE | + 353-91-49 2832



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

TALKING WITH YOUNG PEOPLE ABOUT THE VOICES THEY HEAR

12 JANUARY 2018, 10.00AM - 4.30PM @ NUI GALWAY

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, 22 November
	Supporting young people who have distressing beliefs and paranoia, 11 January 2018
	Talking with young people about the voices they hear, 12 January 2018

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

RETURN TO: SIOBHAN.SMYTH@NUIGALWAY.IE | + 353-91-49 2832