



£35

TEAM LICENCES AVAILABLE

SELF-HARMING IN CHILDREN & TEENS



Parenting or supporting a troubled young person can be a very stressful experience. There can be an overwhelming need to understand what is going on for the child and most importantly, how to support them in the best ways possible. Whilst there are no 'magic answers', often knowing a little more about the difficulty the child is facing and exploring different strategies to support them can be incredibly helpful.

Self-harm is an increasingly common experience for many children and teenagers and it understandably causes significant stress and worry for adults who care for the child. In this online seminar we explore the different reasons why young people self-harm, together with a range of ways to support and help them. The seminar also includes resources and information to share directly with young people who self-harm.



BUY ONLINE FOR £35 AT WWW.BEACONHOUSE.ORG.UK/TRAINING

WHAT'S INCLUDED:

- A private link to a seminar delivered by Dr Shoshanah Lyons, Clinical Psychologist, **to watch at your own pace, in your own time** and **as many times** as you like
- A printable digital **resource pack**
- A **video** to share directly with young people who self-harm
- A printable digital **resource pack** to share directly with young people who self-harm

LEARNING AIMS – PARTICIPANTS WILL:

- **Learn about how and why self-harm helps** young people to temporarily feel better
- **Consider the many different reasons** why young people self-harm
- Look at the **red flag signs** that a young person might be self-harming
- **Explore different ways** to talk to young people about their self-harm
- **Learn a range of strategies and ideas** that may help young people who self-harm
- **Consider questions about safety** and what actions to take if the young person is at serious risk
- **Receive a video and printable resource** that you can share directly with young people who self-harm

WHO IS THIS TRAINING FOR?

This seminar is suitable for any adult supporting or parenting a child or teenager. The resources directly for young people are suitable for children from the age of 11 years and up.

You may use this seminar as a parent/carer, as a therapist to share with your clients or as a professional organisation to share with your team members.

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TRAINING FEES

This training is available to book for individuals (for their own use only) for £35 via our website. If you would like to purchase any of the following, please get in touch with us on training@beaconhouse.org.uk to request the price and place your order for a training licence:

- Current Beacon House clients are eligible to **50% off**
- **Individual professionals** who would like to share this seminar and its resources with their clients
- **Organisations** who would like to distribute this seminar and its resources to multiple team members

	SIZE OF TEAM	FEE
Single Participant	Not applicable	£35
Team License	Up to 6	£195 (£32.50 per person)
	Up to 12	£360 (£30 per person)
	Up to 18	£495 (£27.50 per person)
	Up to 24	£600 (£25 per person)
	Up to 30	£675 (£22.50 per person)

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ABOUT THE TRAINERS

Dr Shoshanah Lyons is the Clinical Director and founder of Beacon House, a therapeutic service for children and families based in West Sussex.

As a Clinical Psychologist specialising in trauma and loss, she is passionate about helping parents/carers and professionals to understand the needs of troubled children. She loves to work creatively so that complex ideas are translated into really accessible and meaningful information for all those working with and caring for distressed children.



Helen Townsend is an artist and works at Beacon House as our Creative Advisor and Therapeutic Life Story Worker.

Combining inspiration from lived experience with academic training, she is passionate about translating complicated theories into accessible information that can be used by everyone in day-to-day life. As an adoptive parent Helen always aims to ensure ideas are realistic and practical for families.

PAYMENT FOR THIS COURSE IS MADE UNDER THE FOLLOWING TERMS & CONDITIONS:

Due to our training package being available upon payment, online courses are non-refundable.

International Transactions: We will deduct any bank charges or fees from any requested refunds.

We work very hard to keep our training and resources free or as low cost as possible. We ask that for single participants, you respect this by keeping the training package for your sole use only. For team licences, the training is to be used by the paying team only and must not be sub-licensed or used outside of the team. Sharing the training package to those who have not purchased a place is not permitted under any circumstances.