

# Deliberate Self-Harm in Young People

## Professional Development Workshop

Wednesday 18th March 2020



**The Anxiety Disorders Association of Victoria presents a half-day workshop for teachers, clinicians, and case workers, presented by Jenny Furey, registered psychologist working in private practice.**

### **Session Overview:**

There has been an increase in deliberate self-harm in the last two decades. Self-harm is a complex and often alarming issue for the parents and carers of the young person. It is often misunderstood and raises many questions. While professionals support the young person involved they often also need to support their families and friends.

This presentation will demystify deliberate self-harm by providing an overview of the following areas:

- Definition of deliberate self-harm
- Latest research on deliberate self-harm
- How common is it?
- Types of deliberate self-harm
- The differences between suicide and self-harming behaviours
- Why do young people self-harm?
- Common risk factors
- The psychological and physical signs of self-harming behavior
- How to respond to deliberate self-harm
- Alternatives to self-harm
- What if the young person doesn't want to stop self-harming?
- When the young person doesn't feel like self-harming

### **Target Audience:**

Teachers, clinicians, and case workers.

### **Please note:**

APS Members can accrue Continuing Professional Development (CPD) hours by participating in CPD activities that they determine to be relevant to their individual professional skills, learning plans and goals. These may be self-initiated. CPD activities do not need to be endorsed by the APS.



# Deliberate Self-Harm in Young People Professional Development Workshop Wednesday 18th March 2020



## About the presenter:

Jenny Furey has been a registered psychologist since 1996 and is a member of the Australian Psychological Society. She worked in secondary school settings for many years and counselled adolescents (and their families) who presented with issues of deliberate self-harm. Jenny currently works in private practice and has a particular interest in anxiety disorders in both adults and adolescents. She is a provider for the ATAPS Suicide Prevention Program and also works with victims of crime and survivors of child sexual abuse. Jenny uses the fundamental elements of Cognitive Behavioural Therapy (CBT), Schema Therapy and Acceptance and Commitment Therapy (ACT), taking a whole person approach to treatment.



## Date:

Wednesday 18th March 2020, 10:00am to 2pm (9:30am registration)

## Venue:

Altona Meadows Library and Learning Centre  
2 Newham Way, Altona Meadows VIC 3028  
Meeting room 2

## Additional details:

- Includes presentation handouts and reference materials
- Certificate of Attendance upon completion
- Tea/coffee and light lunch will be provided

## Cost\*:

Standard/Non-members: \$110

ADAVIC Members: \$80

(\*ADAVIC does not charge GST)

## Bookings:

Limited to **35** individuals

**Bookings close 11th March or when fully booked**

## How to book:

- Our online store: [www.adavic.org.au](http://www.adavic.org.au)
- Call ADAVIC on (03) 9853-8089
- Complete the form below

## Enquiries:

Phone: (03) 9853-8089

Email: [adavic@adavic.org.au](mailto:adavic@adavic.org.au)

# PAYMENT & REGISTRATION FORM



I would like to register for Professional Development Program: **Deliberate Self-Harm in Young People: Professional Development Workshop** by Jenny Furey on Wednesday 18th March 2020

## PLEASE COMPLETE THE FOLLOWING DETAILS

Total number of people attending: \_\_\_\_\_

Name/s: \_\_\_\_\_

Position Title: \_\_\_\_\_

Organisation: \_\_\_\_\_

Email: \_\_\_\_\_

Postal Address: \_\_\_\_\_

Phone 1: \_\_\_\_\_ Phone 2: \_\_\_\_\_

Would you like to receive free Enews & Email updates?  Yes  No

How did you hear about this event? \_\_\_\_\_

Your level of knowledge on this topic:  Low  Medium  High

Do you have any dietary requirements?  Nil  Vegetarian  Gluten Free  Other (specify):

## PAYMENT:

\$110 - Standard/Non-members  \$80 - ADAVIC Members

*PLEASE NOTE: A 25% administration fee applies for refunds requested before 9th August 2019. No refunds or credits will be issued after this date.*

**CHEQUE** *Made payable to Anxiety Disorders Association of Victoria.*

**CREDIT CARD** Name on card: \_\_\_\_\_

Credit Card Type:  Visa  MasterCard

Credit Card No:

CVV Number: \_\_\_\_ / \_\_\_\_ Expiry: \_\_\_\_\_

OFFICE USE ONLY

PROCESSED BY: .....

DATE: .....

Please return this payment form via:

Email to [adavic@adavic.org.au](mailto:adavic@adavic.org.au) or post to **ADAVIC, P.O. Box 625 Kew, Victoria, 3101**