

CPD WORKSHOP: SUICIDE AND RISK ASSESSMENT

Saturday, 1st June 2019, 1000-1600
Quakers Meeting House, Church Crescent, London N10 3NE

Facilitated by Anna Minogue

Suicidal distress is a complex phenomenon that exists along a spectrum ranging from hopeless feelings and thoughts of death, through to active planning and suicidal acts that can end life. The aim of the workshop is to raise awareness of common risk factors for suicide, possible early warning signs to look out for, how to engage a suicidal client in an effective and supportive way, how to assess the level of risk and to decide on a plan of action. The support needs of staff and others who may be affected by suicide will be addressed throughout.

The workshop will examine:

- What is meant by suicidal behaviour?
- A spectrum of suicidal distress
- Suicide trends and some statistics
- Who is at risk of suicide?
- Some possible causes of suicidal distress
- Basic principles for supporting a suicidal client
- What is the best way to engage someone who is suicidal?
- Common concerns about talking to suicidal people
- Useful questions to ask
- How to make a brief assessment of risk
- How to decide on a plan of action
- What are my options in an emergency?
- Who do I turn to for support and advice?
- Confidentiality versus safeguarding - getting the balance right
- Support needs of those affected by suicide
- Resources for suicide awareness and support

Anna Minogue is a UKCP registered psychotherapist with 30 years' experience of working in mental health, including 10 years hands-on mental health crisis work. Specialist areas include working with people diagnosed with personality disorder, working with people experiencing psychosis, working with bipolar disorder, as well as suicide and self-harm. Anna manages a small private practice in London and is a lead trainer for MIND, the mental health charity.

Cost: £50.00 HCC members / £75.00 non HCC members
(This includes refreshments but not lunch)
To secure your place, please fill in the form overleaf

Please direct any queries to:
Kevin Hamilton, Training Manager, Highgate Counselling Centre
58a Highgate High Street, London N6 5HX
Telephone: 020 8883 5427
Email: kevin.hamilton@highgatecounselling.org.uk

**HIGHGATE COUNSELLING CENTRE
SUICIDE AND RISK ASSESSMENT WORKSHOP**

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Please reserve me a place on the above workshop

Name: _____

Address: _____

Telephone: _____

Email: _____

Fee: £50.00 (HCC members) £75.00 (non HCC members)
 This fee is non-refundable and includes refreshments but not lunch

I enclose a cheque for £50.00 £75.00
(Please circle and make your cheque payable to Highgate Counselling Centre)

I have paid by BACS £50.00 £75.00
(Please circle and provide a reference or date of payment)

Payment by BACS bank transfer:

Bank: CAFEBANK
Sort code: 40-52-40
A/C number: 00018507
Please use reference: Suicide Workshop / Your Name

Please return this booking form by Friday, 24th May 2019 to:

Kevin Hamilton, Training Manager
Highgate Counselling Centre
58a Highgate High Street, London N6 5HX

Telephone: 020 8883 5427
Email: kevin.hamilton@highgatecounselling.org.uk

A CPD CERTIFICATE WILL BE ISSUED AT THE END OF THE WORKSHOP