

## CPD WORKSHOP

# Working with suicidality & risk

**Saturday, 8 November 2025 | 12:45 to 18:00**

Venue: Quakers Meeting House, 77 Church Crescent, London N10 3NE

**Workshop fee:** £32.50 HCC members | £65.00 non-HCC members

### Overview:

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 explore how and why someone may experience suicidality and consider practical options for psychotherapists and counsellors managing this particularly stressful aspect of clinical work.

### Workshop outcomes:

During the workshop we will consider:

- How we define suicidality
- The spectrum of suicidal distress
- The relationship between suicidality and self-harm
- Risk factors to be aware of
- Psychodynamic theories of self-destructive behaviour – an overview
- Working with suicidality – clinical features
- Countertransference responses to self-destructive clients and how to manage these
- Assessing and managing suicide risk
- Confidentiality versus safeguarding – getting the balance right
- Red flags to be aware of
- Risk management tools and safety plans
- What are my options in an emergency?
- Help and support for therapists
- Resources and further reading

### Facilitator:

**Anna Minogue** BSc, MA, UKCP is an integrative psychotherapist and supervisor in private practice with 20 years post qualification experience. Her background includes 30 years in mental health services, including 10 years mental health crisis support work. Anna has been delivering training for 20 years and has provided workshops for trainee and qualified counsellors and psychotherapists and community based mental health support services. Specialist areas include suicidality and self-harm, and complex emotional/psychological problems (personality disorders)

### How to book:

Please email [training@highgatecounselling.org.uk](mailto:training@highgatecounselling.org.uk) to reserve a place, letting us know if you are an HCC member or not. We will then send you an invoice for £32.50/£65, and once this is paid your place will be confirmed. You can pay online via the link on the invoice.