



CONNECTING
WITH **PEOPLE**
start the conversation

In partnership with





Suicide Awareness

This module aims to create empathy and challenge stigma by helping participants develop their understanding of suicidal behaviour, suicide mitigation and promotes their role in suicide prevention.

It is suitable for frontline professionals working in health and social care or anyone with a special interest.

At the end of the module participants will be able to develop a compassionate approach suitable for a demanding and time-pressured environment. They will know their role in suicide prevention and be able to respond to someone in distress. They will also be able to use the resources provided to know how to seek help from Statutory and third sector services.

Duration 1 session
Date 13 June
Time 2.30 – 4.30pm
Venue Kensington Chambers
Trainers Lisa Kennedy
Karen Dingle

Duration 1 session
Date 27 June
Time 2.30 – 4.30pm
Venue Kensington Chambers
Trainers Lynsey Beahan
Ian Baudains



Self-Harm Response

This module aims to provide a range of tools and techniques for health and social care practitioners, service users and carers.

It is suitable for all professionals who have an ongoing relationship with people who self-harm and the general public who have an interest.

At the end of the module participants will be able to understand the role of psychological therapies: use the Bank of Hope including problem-solving approach and the ABC approach and how to use it. They will understand ways to develop resilience including mindfulness approaches. Participants will understand the role of social support mapping when co-creating an immediate and long-term Safety Plan and the structure and process of experiencing the co-creating of an immediate and long-term Safety Plan.

Duration 1 session
Date 20 June
Time 2.30 – 4.30pm
Venue Kensington Chambers
Trainers Lisa Kennedy
Karen Dingle

Duration 1 session
Date 25 July
Time 2.30 – 4.30pm
Venue Kensington Chambers
Trainers Lynsey Beahan
Ian Baudains



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We will look forward to seeing you at our summer semester courses.

Thank you.

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