



Self-harm – Therapeutic Assessment Training (2 days)

11 & 12 June / 09.00 – 17.00 / Coram Campus, 41 Brunswick Square, London WC1N 1AZ

TO BOOK YOUR PLACE, PLEASE COMPLETE AND RETURN THIS FORM TO:

REF:878

ACAMH Conferences
St Saviour's House
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events@acamh.org

Fees include conference materials, lunch and refreshments. Please note that ACAMH may record at this event.

To read more about this and future events visit
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Booking form

PERSON ATTENDING

| |
|----------------------|
| Title |
| Job title |
| Name |
| Dietary requirements |
| Organisation |

PERSON MAKING THE BOOKING (IF DIFFERENT FROM PERSON ATTENDING)

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|----------------|
| Title |
| Job title |
| Name |
| Organisation |
| Contact Number |

CONTACT DETAILS OF PERSON ATTENDING

| | | |
|--------------|------|-----------|
| Address type | WORK | HOME |
| Address | | |
| | | Postcode |
| Email | | Telephone |

PAYMENT

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|---|--------------------------|--|--|
| Members – £360, the first 20 places receive a £40 discount, you MUST ring to access this. It works on a first-come, first served basis. | | Non-members – £420 | |
| Publications/Digital members – £280. We have 5 places available at this price. Once sold out these members can access at the standard member price. | | | |
| Cheque I enclose a cheque made payable to ACAMH | | Invoice payment Invoice can only be issued on receipt of an official purchase order, clearly indicating purchase order number and paying body. Invoice requests without relevant documentation will be returned. | |
| Card Payment VISA MASTERCARD EUROCARD MAESTRO ELECTRON AMEX | | | |
| If you prefer, for security purposes, not to fill in your card details, and post or email, then we can contact you by phone for these. | | | |
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| Cardholder's signature | | Date | |

Closing date: 8 June 2020

Confirmation will be emailed to all delegates, if you have not received confirmation at least one week before the event please contact the office on 020 7403 7458. Please do not turn up on the day without having received confirmation by email.

Cancellation policy: cancellations received 6 weeks in advance of the event will be refunded in full less a £10 administration charge; cancellations received after this date will receive no refund.

Data Protection: By signing this application you are entering into a contract with ACAMH to attend the above event. ACAMH will use the information provided to communicate details with you about the event. As part of the contract the email address provided will be added to our weekly newsletter, with details about CYP mental health topics, you can unsubscribe from this at any time.



The Association
for Child and Adolescent
Mental Health

Therapeutic Assessment Training

First 20
ACAMH
Members
booking
receive a **£40**
discount

Therapeutic Assessment Training - 2 days

Thursday 11 & Friday 12 June 2020

Coram Campus, 41 Brunswick Square, London WC1N 1AZ

Therapeutic Assessment is a brief intervention for young people presenting with self-harm in an emergency. The assessment consists of identifying the vicious cycle of self-harm in the form of a diagram, followed by a collaborative development of an "exit", a way of breaking the cycle and moving forward. Therapeutic Assessment is linked with improved engagement with treatment compared with usual assessment.

This Workshop teaches participants a new, manualized approach to the assessment of teenagers presenting with suicide attempts or NSSI. TA has been shown to improve attendance at follow-up in a multicentre randomized controlled trial. The improved engagement was shown recently to continue after 2 years in a 2-year follow-up study.

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Key takeaways

- Review current views and evidence on the aetiology and epidemiology of teenage suicide attempts and nonsuicidal self-injury (NSSI)
- Consider the issue of engaging teenagers in treatment
- Teach the concepts of therapeutic assessment (TA) for teenagers presenting with suicide attempts and NSSI
- Teach participants how to construct a therapeutic assessment diagram in practice (this forms the basis of TA, from which a range of possible “exits” derive
- Introduce how exits are created together with the adolescent by use of a range of evidence-based psychological interventions.

About the talks

- Theoretical teaching to introduce the concepts of TA
- Films of TA in practice to demonstrate its use
- Example scenarios from which participants develop and practice skills in constructing TA diagrams
- Small group work to focus on specific exit strategies (e.g., CBT, motivational interviewing techniques, mentalization-based therapy, and others)

Who should attend

This training is aimed at clinicians that work with adolescents who self-harm. In particular; consultants, clinical leads, speciality doctors, nurse practitioners, educational psychologists, senior researchers, and those that work with children and young people affected with mental health issues.

About the speakers

Dr. Dennis Ougrin

Consultant Child and Adolescent Psychiatrist

Dr. Ougrin graduated from a medical school in Ukraine in 1998 and came to England to undertake his post-graduate training. He completed his higher training in child and adolescent psychiatry at Guy's and Maudsley and is currently a consultant Child and Adolescent Psychiatrist leading Supported Discharge Service at South London and Maudsley NHS Foundation Trust. Dr. Ougrin is also a clinical senior lecturer at the Institute of Psychiatry, Psychology and Neuroscience. He leads a programme of information exchange between the UK and Ukraine. His main professional interests include prevention of Borderline Personality Disorder and effective interventions for self-harm. He is the author of *Therapeutic Assessment*, a novel model of assessment for young people with self-harm. He is the chief investigator of a randomised controlled trial of Supported Discharge Service versus Treatment as Usual in adolescents admitted for in-patient care and a principal investigator of a randomised controlled trial comparing intensive mental health intervention versus usual social care in Looked After Children. He also works on developing a modular psychotherapeutic intervention for self-harm and on understanding the pathophysiology of self-harm in young people.

Dr. Toby Zundel

Consultant Adolescent Psychiatrist

Dr. Zundel completed his medical training at Guys' and St Thomas' Hospitals in London. He undertook general psychiatric training in the Maudsley NHS Trust and in Australia. He completed specialist training in child and adolescent psychiatry on the training scheme of the Tavistock NHS Trust. Dr. Zundel has worked as a consultant in both NHS adolescent inpatient units and outreach teams across Hertfordshire, Kent and London. Dr. Zundel has a special interest in adolescent self-harm and emerging personality disorder. He co-developed and published *Therapeutic Assessment for Self-Harm* in adolescents as a new approach to improving engagement in young people who present with self-harm.

Emma Woodhouse

Neurodevelopmental Specialist

Emma Woodhouse is a Neurodevelopmental Specialist at The Institute of Psychiatry, Psychology and Neuroscience. She has extensive clinical and research experience, and has worked at The Maudsley Adult outpatient ASC/ADHD service, The National Autism (inpatient) Unit at The Bethlem Hospital and The Anna Freud National Centre for Children and Families.

Emma is an experienced trainer and supervisor in the Autism Diagnostic Observation Schedule-Second Edition (ADOS-2) and the Autism Diagnostic Interview-Revised (ADI-R). She has completed over 1,000 ADOS-2 and ADI-R assessments, which includes high profile medicolegal work.

Emma is a qualified integrative counsellor and member of The British Association of Counselling and Psychotherapy (BACP), and works therapeutically with both adults and children. In addition to ASC and ADHD, she has a particular interest in working with gender dysphoria, personality disorders and forensics. Emma runs workshops about ASC and ADHD, and has contributed to a number of research publications.

Prices

The events we organise are not profit-making, many are subsidised through our other commercial activities, without which they would not be able to run. As a charity, any surplus that we make is invested back into the business to benefit our Members and the sector. Members get a discounted rate and we hope you consider joining.

www.acamh.org/join-us/

All delegates will receive a CPD certificate for 10 hours, emailed after the event. Prices include tea/coffee and pastries on arrival, lunch, and refreshments throughout the day, with cakes in the afternoon.

Publications/Digital members: £280

Members: £360, the first 20 places receive a £40 discount, you MUST ring to access this discount. It works on a first-come, first served basis.

Non-members: £420

Programme

DAY 1

| | |
|-------|--------------------------------|
| 09:30 | Registration |
| 10:00 | Welcome and introduction |
| 10:30 | Self-harm and suicide overview |
| 11:30 | Break |
| 11:45 | Creating a TA diagram |
| 12:30 | Lunch |
| 13:30 | Exit 1, Behaviour activation |
| 15:00 | Break |
| 15:15 | Exit 2, Problem solving |
| 16:30 | Q & A |
| 17:00 | Close |

DAY 2

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|-------|---|
| 09:30 | Registration |
| 10:00 | Exit 3, Challenging negative cognitions |
| 11:30 | Break |
| 11:45 | Exit 4, Solution focused brief therapy |
| 12:30 | Lunch |
| 13:30 | Exit 5, MBT-A |
| 15:00 | Break |
| 15:15 | Research in TA and Q & A |
| 16:30 | End of day |