



Essentials: Psychological approaches to working with people who experience suicidal thoughts and behaviour

Wednesday 9 February 2022

Virtual Event via Zoom

10.45am Welcome , 11.00am Welcome and 3.30pm, Close

Suicide is a leading cause of death UK-wide, accounting for over 6,000 deaths and 120,000 suicide attempts annually. Suicide prevention is a government and NHS priority yet traditional approaches have had little impact and suicidal individuals and their clinicians often report feeling stressed and ill equipped for such work. Recent research on the psychological factors of suicidality may offer new directions for practitioners at every level to understand and work therapeutically with people who experience suicidal thoughts and behaviour.

After attending this course delegate will be able to.....

- Appreciate the individual and societal context of suicide and suicidality
- Learn strategies to work effectively with and from the perspective of people experiencing suicidality
- Appreciate the key points for becoming a reflective practitioner in order to maintain one's own personal wellbeing and professional effectiveness
- Appreciate findings from research that inform key concepts within contemporary theoretical frameworks that explain the function of suicidality and how these relate to working with people in suicidal crisis

About our speaker:

Dr Sara Tai is Senior Lecturer in Clinical Psychology, Director of the Psychoactive Substances Research Unit at the University of Manchester and Consultant Clinical Psychologist with Greater Manchester Mental Health NHS Foundation Trust. She is a reflexive scientist practitioner, therapist, educator and researcher, who has worked in a range of mental health settings, with people experiencing serious and enduring problems affecting their mental health, particularly suicidality. Sara conducts research internationally, including large clinical trials in the UK, USA, Canada, China, and across Europe. Her work elucidates how key psychological mechanisms such as control and awareness cross traditional diagnostic boundaries and help unify apparently disparate therapeutic traditions. Her work not only helps explain the nature and origin of psychological distress but, with colleagues, offers new therapeutic opportunities. One such example being her current ground-breaking international research of a novel psychological therapy for people with severe resistant depression where the catalytic actions of psychedelic drugs are utilized to enhance therapeutic gains.

Dr Yvonne Awenat is a Registered General Nurse, Fellow of the UK Health Education Academy and Senior Clinical Research Fellow at the University of Manchester and Hon Senior Clinical Research Fellow with Greater Manchester Mental Health NHS Foundation Trust. Her research interests include transdiagnostic psychological approaches to understanding and treating mental distress, especially related to suicidality, psychosis, and other psychological problems. Yvonne's Doctoral thesis focused on staff and patient acceptability of Cognitive Behavioural Suicide Prevention therapy. Yvonne has extensive experience of designing and implementing nationally funded RCTs of psychological interventions to prevent suicide for individuals in the community, mental health wards and prisons. As an expert qualitative methodologist, Yvonne teaches qualitative research methods and supervises undergraduate, masters and doctoral research students. She has also been at the forefront of pioneering the involvement of Experts-by-Experience in research and education. Prior to her work in clinical psychology research, Yvonne spent over 35 years as a senior clinician, leader and manager in the NHS. Yvonne is a Director of a local branch of Mind (a UK national mental health charity) where she is actively involved in developing strategies to

Course Fees:

£105.00

All learning materials are included.

Reservations:

Please complete the reservation form overleaf and post or scan to: Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, LS15 8ZB. (Please note this is our correspondence address only.)

If you are paying by debit or credit card, why not BOOK ONLINE and receive a £10 discount on the advertised price?

Study Methods and Accreditation:

Lectures, small group work, group discussions, question and answer sessions, case studies, case directed discussions etc. This course is eligible for 3 CPD hours subject to your peer group approval.

This conference is suitable for:

Mental health practitioners who encounter people who experience suicidality



Andrew Sims Centre Reservation Form

Course Title: **Essentials: Psychological approaches to working with people who experience suicidal thoughts and behaviour**

Date: **Wednesday 9 February 2022**



Leeds and York Partnership
NHS Foundation Trust

YOUR DETAILS

PLEASE PRINT YOUR DETAILS IN BLOCK CAPITALS

Title First Name

Surname Job Title

Speciality

Trust / Organisation

Preferred Mailing Address

..... Postcode

Work Telephone Mobile

Email

Dietary Other

Signature Date

NEWSLETTER AND MARKETING

We want to stay in touch, to let you know about our future courses, discounts and ASC news. If you want to receive this information via our email Newsletter, sent every two weeks, please click [here](#).

COURSE FEES

[] One Place £105.00

BOOKING & PAYMENT OPTIONS

Please choose ONE of the following payment options (1 to 6)

- ONLINE:** andrewsimscentre.nhs.uk and RECEIVE £10 DISCOUNT with a credit or debit card
- TELEPHONE:** 0113 855 5638 with a credit or debit card
- POST:** Administrator at Andrew Sims Centre, 2150 Century Way, Thorpe Park Industrial Estate, Leeds, LS15 8ZB
- BACS:** Account Number: 10003312 Sort Code: 60-70-80
Please use ref ASC09022022--DELEGATENAME
- INVOICE:** Please send a copy of Purchase Order with delegate details to andrewsimscentre.lypft@nhs.net
Trust
- LYPFT Internal Transfer:**
Budget Holder Name.....
Budget Holder Email

All Payment must be received in advance of event.

HOW TO BOOK

If you are paying by debit or credit card, please BOOK ONLINE, otherwise please complete the reservation form and either post to: **Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, West Yorkshire, LS15 8ZB** or Email it to **andrewsimscentre.lypft@nhs.net**.

Please note this is our correspondence address only. Please check individual courses for venue details.

PAYMENT METHODS

We prefer to receive payment by credit card. If you would like us to invoice your organisation, a copy of your Trust's or organisation's official purchase order must be enclosed with this booking. **Payment must be received before the course date.** If payment is not received by the day of the course, you will be asked to guarantee your place with a personal credit card on the day. Leeds and York Partnership NHS Foundation Trust staff must provide a budget code and budget holders authorisation.

ACCREDITATION

This course is eligible for 3 CPD hours subject to your peer group approval.

VIRTUAL EVENT

This event will be conducted virtually via Zoom, please ensure that you have the software downloaded and a free account created prior to the day of this course. You can sign up to Zoom [here](#). More information regarding Zoom and how to join the course will be emailed 2 weeks prior to the event.

CONFIRMATION OF RESERVATIONS

All reservations will be confirmed immediately in writing. Further details including programme times and venue information, will be forwarded approximately 2 weeks prior to the event date. Please ensure you have provided an email address as all booking confirmations will take place by email.

RESERVATION & CANCELLATION POLICY

Cancellations must be received in writing at least two weeks prior to the course date to be entitled to a refund, which will be subject to a 20% administration fee (minimum £20). We regret that cancellations received after this date cannot be refunded, and refunds cannot be made for failure to attend the event. However, a substitute delegate will be welcomed in your place at any time.

FURTHER INFORMATION

The Andrew Sims Centre ("ASC") is part of Leeds and York Partnership NHS Foundation Trust ("LYPFT"). Your personal information will be stored and processed by the ASC, Stripe and HMA according to the General Data Protection Law ("GDPR"). If you would like further information about this please contact us. Your personal information will be used by the ASC to process your application to attend our events.

If you would like to keep up to date with our events and activities, please tick []

If you have booked with the ASC before and already receive our Newsletter and want to unsubscribe please tick here []

If you would like your details to be made available to our third-party partners such as selected event co-partner organisations, or to companies sponsoring or exhibiting at our events, please tick []

