



AndrewSimsCentre
for professional development



Leeds and York Partnership
NHS Foundation Trust



Essentials **E**

Suicide Prevention

Psychological approaches to working with people who experience suicidality

Thursday 4 February 2021

Virtual Event via Zoom

12.00pm Registration 12.30pm Welcome and 4.30pm, Close

This interactive skills class aims to help practitioners feel more empowered in delivering evidence-based therapeutic interactions with people experiencing suicidal thoughts and behaviour. We will present a brief overview of the nature and scale of suicide and suicidality (i.e., the continuum of suicidal thoughts, feelings, plans and behaviour) along with contemporary research findings regarding psychological concepts of suicidality. Predominately, the focus will be on illustrating and demonstrating how these approaches can be used in everyday practice; in particular maximising client control, and focusing on helping clients shift and sustain their awareness towards their own important life goals which could be affected by suicide.

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

Appreciate the individual and societal context of suicide and suicidality

Appreciate findings from research that inform key concepts within contemporary theoretical frameworks that explains the function of suicidality and how these relate to working with people in suicidal crisis

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 professional effectiveness

About our speaker:

Yvonne Awenat is a Registered General Nurse and Clinical Research Fellow at the University of Manchester. Her research interests include psychological approaches to understanding and treating mental distress, especially related to suicidality, psychosis and other psychological problems. Yvonne's own doctoral thesis focused on stakeholder acceptability of Cognitive Behavioural Suicide Prevention therapy. Yvonne has extensive experience of designing and implementing nationally funded RCT studies of psychological interventions to prevent suicide for individuals in the community, mental health wards and prisons. to improve the lives of people with mental distress.

Dr Sara Tai is Senior Lecturer in Clinical Psychology 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. 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.

Course Fees:

£105.00

All learning materials, lunch and refreshments 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

www.andrewsimscentre.nhs.uk
andrewsimscentre.lypft@nhs.net
0113 85 55638





Andrew Sims Centre Reservation Form

Course Title: **Suicide Prevention**

Date: **Thursday 4 February 2021**



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 tick []

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 ASC040221-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

Budget Code:

Budget Holders signature

Budget Transfer will occur in **February 2021**

All Payment must be received in advance of event.

HOW TO BOOK

If you are paying by debit or credit card then please BOOK ONLINE and receive a £10 discount. Otherwise, please complete the reservation form and email it to andrewsimscentre.lypft@nhs.net. 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.

THE VENUE

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 []