

WORKING WITH SELF-HARM IN COUNSELLING AND PSYCHOTHERAPY



24th Oct 2014 — 09:30 to 16:00

Dr Andrew Reeves will lead a workshop on working with self-harm in counselling and psychotherapy.

Working with clients who self-harm can be both difficult and distressing. Many clients who present in counselling and psychotherapy sessions self-harm as a means of coping with difficult and challenging feelings. However, self-harm often goes beyond coping strategies, becoming a complex means of communication.

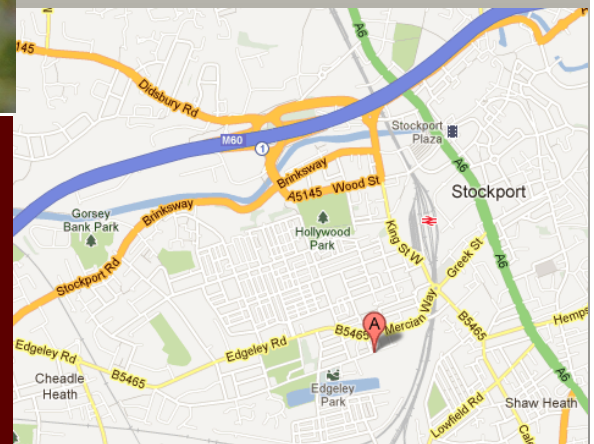
Counsellors and psychotherapists may experience a number of difficult feelings in response to self-harm. As a result they may attempt to distance themselves from it. However, Andrew Reeves argues that self-harm and self-injury are pervasive processes and that one of the keys to understanding the self-harming behaviour of others is to recognise and relate to it in ourselves.

Cost £80 including tea, coffee and lunch (£70 for students). For bookings made before 27th July, there will be an 'early bird' rate of £70. Group discounts are also available.

6 hours CPD. A signed certificate of attendance will be provided.

Dr Andrew Reeves

Dr Andrew Reeves has worked as a social worker and then as a therapist for over twenty-five years. His previous books include: *Key Issues for Counselling in Action: Second Edition* (Sage, 2008 – co-edited with Windy Dryden); *Counselling Suicidal Clients* (Sage, 2010); *An Introduction to Counselling and Psychotherapy: From Theory to Practice* (Sage, 2013); and *Challenges in Counselling: Working with Self-Harm* (Hodder Education, 2013). He has produced (with Jon Shears and Sue Wheeler) an award-winning training DVD, *Tight Ropes and Safety Nets: Counselling Suicidal Clients*. He is a former Editor of *Counselling and Psychotherapy Research* journal.



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