



Catalyse | Change in Action

**1-day Workshop :: Friday, 17th November 2017**

**Time:** 9:30am to 4:30pm

**Venue:** Dalton Ellis, Manchester M14 5RL

**Cost:** ACAT Member :: £125.00

Non ACAT Member :: £140.00

*(includes lunch and refreshments)*

*Please note invoicing incurs a £15.00 additional fee*

# Working with Self-Harm

## A relational approach

An experiential workshop  
to promote a  
compassionate  
understanding of self-harm.  
With Cheryl Delisser and  
Clive Turpin

### Who is it for?

Qualified and trainee CAT  
therapists and other  
therapists with an under-  
standing of CAT  
(particularly reciprocal  
roles and mapping)

To book online visit  
the Catalyse website  
[www.catalyse.uk.com](http://www.catalyse.uk.com)  
to pay by credit or  
debit card.

### Workshop details:

The day aims to help you collaborate actively  
& compassionately with people presenting  
with self harm in your work settings, through:

- Developing confidence to ask about and explore self-harm and risk
- Establishing and enhancing a relational understanding of self-harm
- Reflecting on personal and professional pulls that might be encountered when working with risk
- Developing skills in mapping relational patterns which incorporate self-harm
- Exploring the use of CAT mapping in a collaborative approach to risk assessment, management & safety planning
- Remaining mindful about the emotional impact of working with high levels of distress and risk

Event hashtag #CATshr17

For full details and information including terms and conditions and to book your place please visit  
<https://catalyse.uk.com/training/cpd/working-self-harm-relational-approach/>  
or phone 07842 137745

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