

## Online PDD - Suicide and self-harm - Working safely and ethically with clients at risk

Time	Session
9.30am	Welcome and introductions
9.30am - 10.15am	<b>Module 1</b> <ul style="list-style-type: none"> <li>Understand our own beliefs around suicide and self-harm</li> <li>Raise awareness of the law, and the facts and figures around suicide</li> </ul>
10.15am - 10.30am	Live Q&A Session
10.30am - 11.15am	<b>Module 2</b> <ul style="list-style-type: none"> <li>Risk assessment - the importance of asking the right questions in the right way</li> <li>Breaking confidentiality - when and how</li> </ul>
11.15am - 11.30am	Live Q&A Session
11.30am - 11.45am	Break
11.45am - 12.30pm	<b>Module 3</b> <ul style="list-style-type: none"> <li>Safety plans: are they useful?</li> <li>Self-awareness - understanding our own experiences</li> <li>Self-care of the therapist</li> </ul>
12.30pm - 1.00pm	Extended Live Q&A Session
1.00pm	Event Close

### Presenter biography

**Katherine Caffrey:** from a background in secondary education Kath retrained to be a qualified counsellor, and in addition a clinical supervisor. She gained experience working as a counsellor for many years in a high school in Cheshire and at Liverpool University counselling service. In both environments she worked with a range of presentations often including suicidal ideation and self-harm. She also works for the Charlie Waller Memorial Trust as a trainer improving mental health provision in schools and colleges. She went on to develop and provide training for well-being, working with suicide and risk, and specialised training for counsellors who want to work with children.