

**Safe with Self-Injury:
A Conference for User-Led Research & Practice**

Wednesday March 2nd 2011

School of Social Work & Social Policy, Trinity College Dublin

Venue: Room 3074 Arts Building

Cost: €40 per person (includes lunch and refreshments)

Rationale

Self-injury is widespread in Ireland with in excess of 60,000 cases of self-injury estimated to occur every year (NSRF, 2008). However, self-injury remains a misunderstood and stigmatised experience and there is currently no policy or best-practice protocol in Ireland. This conference explores research and practice from user-led approaches to self-injury; it focuses on the supports and interventions which are experienced as safe and meaningful by service-users and which promote individual safety and self care around self-injury. The conference includes contemporary research and practice from Ireland North and South.

Schedule

10:00-10:35 Introduction and opening address

Kay Inckle (School of Social Work and Social Policy, Trinity College Dublin)

Martin Rogan (Assistant National Director of Mental Health (HSE) and member of the Mental Health Expert Advisory Group).

10:35-1:30 Safe with Self-Injury: Evidence from Contemporary Research

10:35-11:15 Introductory session and discussion

Hidden Pain: A DVD About People with Intellectual Disabilities who Hurt Themselves produced by The Bristol Crisis Service for Women and the Nora Fry Research Centre at Bristol University and based on research in the UK and Northern Ireland.

*** 11:15-11:45 Morning Coffee & Refreshments (provided) ***

11:45-1:30

- Eilis Hayes (School of Nursing & Midwifery, Trinity College Dublin): *Service Barriers to Including Young People in Self-Injury Research*
- Jim Walsh (School of Nursing & Midwifery, Dublin City University): *Service Users Experiences of Responses to Distress.*

- Kay Inckle (School of Social Work and Social Policy, Trinity College Dublin): *Safe with Self-Injury: Holistic and Harm-Reduction Interventions*

*** 1:30-2:30 Healthy and vegetarian lunch (provided) ***

2:30- 4:15 Safe with Self-Injury: Practitioner Perspectives

- Noella McConnellogue and Conor McCafferty (Zest, Derry/Londonderry) *Understanding the Person Behind the Behaviour: A User-Led Approach to Self-Harm*
- Cindy O'Connor (Clinical Director, Pieta House, Dublin) *Pieta House: A Safe Haven of Support*
- Karl Tooher (Therapist, Dublin) *Supporting Clients who Self-Injure: A Therapeutic Approach*

4:15-4:30 comfort break

4:30- 5:00 Closing Session

- 4:30-4:55 Open discussion with all presenters and delegates.
- 4:55-5:00 Conference close



Booking

To book a place at the conference please complete and return this slip with cheque/postal order/bank draft for €40 made payable to Trinity No 1 Account and posted to: Dr Kay Inckle, School of Social Work and Social Policy, Arts Building, Trinity College, Dublin 2

Name: _____

Address: _____

Email: _____

Phone: _____

Occupation/discipline: _____

Signature: _____ Date: ____/____/2011

For further info contact Dr Kay Inckle 01 8962991; 0871427211; kinckle@tcd.ie