



Supporting Young People Who Self-harm and Have Suicidal Thoughts

Presented by Dr Katie High and Dr Lauren Brockett

2nd March 2027

**7 CPD
hours**

*What is this
course about
and what are
the benefits?*

This practical and engaging training explores self-harm and suicidality in adopted and fostered young people, with a particular focus on developmental and relational trauma.

It considers the different functions self-harm may serve, how young people may communicate and regulate distress through their behaviour, and how trauma-informed and relational approaches can support more compassionate and effective responses.

Participants will:

- Develop a formulation-informed understanding of self-harm and suicidality within the context of developmental and relational trauma.
- Increase confidence in responding to self-harm and disclosures of suicidal thoughts or behaviour.
- Develop a greater understanding of how fear, stigma, blame and uncertainty can shape responses to self-harm, and how these can be approached compassionately.
- Consider practical responses to realistic practice scenarios.
- Explore current research and evidence to support continuing professional development and practice.
- Have space to reflect on the emotional impact of self-harm and suicidality on carers and professionals.

What are the learning objectives?

By the end of the course, participants will be able to:

Understand developmental and relational trauma

- Define developmental and relational trauma and consider how experiences of disrupted relationships, adversity and loss may shape emotional development and responses to distress.
- Consider how these experiences may be relevant to understanding self-harm and suicidality.

Understand the functions of self-harm

- Explore the different functions self-harm may serve for young people, including emotion regulation, communication of distress and seeking or eliciting care and support.
- Distinguish between self-harm and suicidality, while recognising that they can overlap and require careful, individualised assessment.

Respond to self-harm in practice

- Respond to disclosures and incidents of self-harm in a calm, compassionate, relational and trauma-informed way.
- Apply learning to a range of practice-based scenarios.
- Recognise how fear, stigma, blame and organisational responses can influence the way self-harm is understood and responded to.
- Identify relevant current research and consider how this can inform practice.
- Explore relational and psychological frameworks that may support understanding and responding to self-harm.

Consider the impact on carers and professionals

- Reflect on the emotional impact of self-harm and suicidality on carers and professionals, and consider how this may influence responses and relationships.

Who is this course suitable for?

The course would be particularly relevant to professionals working with adopted, fostered or care-experienced young people, including:

- Adoption and fostering social workers
- CAMHS
- Looked-after-children practitioners
- Residential care staff
- Independent therapists and psychologists
- Youth and community-sector practitioners, including staff in organisations such as the YMCA
- Supervisors, managers and safeguarding leads supporting frontline teams

Who will be delivering the training?

This workshop is facilitated by Dr Katie High and Dr Lauren Brockett.

Dr Katie High is a Clinical Psychologist working clinically at Great Ormond Street Hospital, with experience across specialist paediatric services. She has also worked within a Looked After Children team, developing experience of working with young people affected by trauma, adversity and complex family and care histories. Katie has a particular interest in suicide bereavement and has completed and supervised a number of research projects in this area.

Dr Lauren Brockett is a Clinical Psychologist working in CAMHS at The Maudsley Hospital. She has a particular interest in self-harm and suicide prevention, with a focus on understanding young people's distress within the context of their relationships, families and wider systems. Her research has explored the experiences of families and carers following suicidal behaviour, and she has experience developing and delivering training on self-harm, suicidality and trauma-informed practice. Lauren is also a Visiting Lecturer at the University of Hertfordshire, where she teaches and supervises trainee clinical psychologists.

Together, Katie and Lauren bring clinical, research and teaching experience in working with young people and families affected by trauma, self-harm and suicidality, with a shared interest in relational and systemic approaches.

What are the course details?

- Date: 2nd March 2027
- Time: 9:30am - 4:30pm
- Venue: Online
- Price: £160. VAT is not applicable.
- Payment plans available on request
- Booking: To book your place click [here](#) or email us at trainingwithus@adoptionplus.co.uk.

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