

WORKSHOP ON SELF-HARM AND EATING DISORDERS

On February 18, 2016 at Jood Palace Hotel, Dubai - UAE



Participants will leave with an understanding of :-

- Reasons why people turn to unhealthy coping strategies
- How to identify and recognise self injury and eating disorders
- Appropriate responses and interventions
- How young people experience the struggle with self injury and eating disorders

WHO SHOULD ATTEND?

- Professionals who support young people
- General Education Teachers
- Special Education Teachers
- Counselors and Psychologists
- Parents
- Maternal & Health workers
- Any one working in supportive role with young people

Featured Speaker



Ms. Jo Watson
Psychotherapist, Trainer,
Supervisor.
Birmingham,
United Kingdom.

Organised by



Meet Your Expert



Ms. Jo Watson

Psychotherapist, Trainer, Supervisor.
Birmingham, United Kingdom.

Jo Watson is a UKCP registered psychotherapist with over 20 years post qualifying clinical experience in psychotherapy and has been training therapists for over 15 years.

Jo provides training primarily for therapists and mental health professionals, and has worked in many public, private and voluntary sector organisations across the UK.

Jo has written several training packs for organisations on issues related to counselling and psychotherapy and has a particular interest in issues related to trauma, self harm and eating disorders.

Jo has a passion for empowering mental health professionals, who are interested in raising their awareness and finding creative, powerful and effective ways of working.

She employs a mixture of training approaches and sessions are often interactive and experiential as well as offering the necessary formal input.

Workshop Agenda : Thursday 18th Feb. 2016

08:00 AM - 09:00 AM: Welcome Coffee , Registration

09:00 AM - 3:30 PM

Professionals often worry about 'saying the wrong thing' and potentially making the situation worse. Many report feeling out of their depth when confronted with these issues.

This day will offer participants a space to explore both of these topics with two main objectives in mind:-

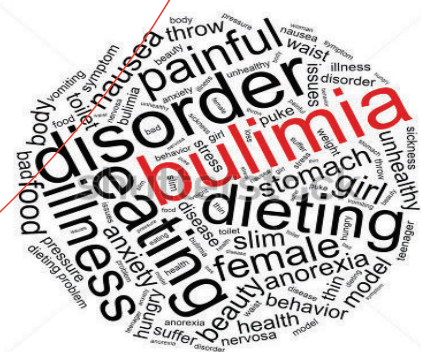
- Increasing awareness and challenging the myths around both issues.
- Identifying best practice and ways to work more effectively including looking at evidence based interventions

Participants will leave with a greater understanding of eating disorders and self harm and be equipped with interventions and techniques that may be useful in their work. It is hoped that this will translate to an increased confidence in their ability to effectively support the young people they are working with.

11:00 AM - 11:30 AM: Coffee Break , Networking

1:00 PM - 2:00 PM: Lunch, Networking

3:30 PM - End of the Workshop & Distribution of Certificate



WORKSHOP ON SELF-HARM AND EATING DISORDERS

on February 18th 2016 at Jood Place Hotel, Dubai - UAE

REGISTRATION FORM

Registration fee per participant Dhs. 700/-

Note: Course Materials, Certificate, Lunch & Refreshments are included.

10% Discount Available for Groups of 3 or More

Conditions: Group Discounts apply for bookings made simultaneously and on one invoice only

Registration Information	Personal Details		
	Delegates Full Name		Designation
	Email		
	1st		
	2nd		
	3rd		
	4th		

Please confirm my registration for Workshop * Please photocopy this form if more than four delegates.

Authorisation Manager Details:

Authorisation	Contact Person Name:	Designation:	
	Organisation Name:		
	Address:		
	PO Box:	Tel:	Mobile:
	Zip Code:	City:	Country:
	Authorised Signature:	Email:	
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Please call us if you require any assistance on +971 4 2955581 , Mobile : +971 50 1555684 Email: register@isharaonline.com

Please Note: Payment is required prior to attending this event

Payment Information

Workshop Venue

Payment Details	<input type="checkbox"/> Electronic Fund Transfer <input type="checkbox"/> Cheque (payable to ishara consultants) <input type="checkbox"/> Credit Card <input type="checkbox"/> Cash	<u>Please transfer the Fee to:</u> ISHARA CONSULTANTS BANK : Emirates NBD ACCOUNT #: 101-13139241-01 DEIRA BRANCH , DUBAI - UAE SWIFT CODE: EBILAEAD IBAN: AE58 0260 0010 1131 392 4101	Jood Palace Hotel Dubai- UAE We highly recommend you secure your room reservation at the earliest to avoid last minute inconvenience.
	Purchase Order No: <input type="text"/>		

Send To	Mail  Ishara Consultants PO Box 1420 Dubai -UAE	Email  register@isharaonline.com	Phone  +971 4 2955581
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Cancellation Policy

If you are unable to attend this event, you may send a substitute delegate in your place at no additional cost. Please advise us of any substitutions as soon as possible. If this is not suitable 20% service charge will be payable. Alternatively, you may transfer your registration to another event. A 10% service fee may apply. Should you wish to cancel your registration, please notify us in writing as soon as possible and a credit note will be issued valid for use towards any future events. A 10% service fee may apply and does not provide refunds for cancellation