

# SELF-HARM AND DISORDERED EATING: HELPING YOUNG PEOPLE LEARN TO LIVE WITH FEELINGS

*A workshop for professionals working with young people*

This workshop will be an opportunity to become better informed and more confident in responding to incidents of deliberate self-harm and in responding to young people for whom eating has become problematic. What exactly do young people do? Why do they deliberately harm themselves? Why do they stop eating sometimes or start making themselves throw up? What's going on in their lives? Is everyone different or are there common themes? What helps and what hinders? How should professionals think about these things and how should they respond?

This workshop will be theoretical as well as experiential and practical. We'll think about our own experiences as well as the experiences of the young people with whom we're working. We'll practise and learn together. The day will be of particular interest to professionals working with young people in education, health, social services, counselling and other contexts.

## Workshop facilitator:

The workshop will be led by Nick Luxmoore. Nick is a trainer, school counsellor, teacher, youth worker and psychodrama psychotherapist (UKCP registered). He has nearly 40 years' experience of working with young people and with the professionals who support them.

Nick's career has included teaching English and Drama in schools and prisons, teaching counselling at Oxford Brookes University, running a youth centre and youth theatre, setting up and managing a young people's counselling and information service, working as a school counsellor and as a counsellor with young refugees and asylum seekers. He currently works as a freelance trainer and supervisor.

He is the author of a number of books about working with young people, with themes including anger, self-esteem, death, love and hate.

[www.nickluxmoore.com](http://www.nickluxmoore.com)

## WHERE AND WHEN

*King Alfred's Academy  
Portway, Wantage  
Oxon, OX12 9BY*

**Weds 10<sup>th</sup> October 2018**  
**9.30am – 4.00pm**

## COST

**£95 (exclusive of VAT)**

## HOW TO BOOK

**Contact us online:**  
cpd.otsa.org.uk  
info@otsa.org.uk

**Enquiries:**  
OTSA Administrator  
**01235 856500**

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