

Working with depression and suicidal ideation

Wednesday 28th January 9.30–12.30pm or Saturday 7th March 10.00–1.00pm

This training is designed to equip mental health professionals/trauma informed practitioners with essential knowledge, relational skills, and confidence to support children and teenagers who are at rock bottom and don't see the point of going on. The training will address causes, vulnerabilities and what makes a difference long-term, in terms of bringing back hope and meaningful human connection.

To quote the Samaritans (2024) "The majority of people who feel suicidal do not actually want to die; they just want the situation they're in and the way they are feeling to stop." They are desperate for the emotional pain to stop but they can't think of another way to stop it. This training will focus on those other ways, namely proven interventions to bring vulnerable children, teenagers and young adults back from the brink.

Training content includes:

- In depth understanding of entrapment, thwarted belongingness, perceived burdensomeness, insecure attachment, early life stress and epigenetic changes.
- The particular dangers for teenagers: their developing brain, teenage heartbreak, dangers of social media.
- Vital psychoeducation on brain chemistry so people in despair can have their emotions rather than their emotions having them.
- How to psychologically safeguard your school or setting.
- Suicide prevention policies, safety plans and safeguarding
- Case Studies, Q&A and Resources

Speakers

Dr Margot Sunderland

Expert in affective neuroscience and child/adolescent psychotherapist for over 30 years. Director at the Centre for Child Mental Health. Author of over 20 books, including award-winning *The Science of Parenting*. Studied with Professor Jaak Panksepp, Founder of Affective Neuroscience.

Katie Malley

Strategic Safeguarding Lead at Trauma Informed Schools UK, 20 years' experience in safeguarding and mental health. Former Assistant Principal. NSPCC and Safer Recruitment Accredited trainer. Specialist Leader in Education, Child Exploitation Practitioner, and Certified MHFA England Instructor.

David Coleman

Expert by lived experience: PTSD, anxiety, depression, suicide attempts. Age 18, deployed to the front line of Afghanistan. Blown up by a grenade. Lost many close friends. Flipped negatives into a positives. Now supports young people in dealing with adversity and setback.

For enquiries contact:
info@traumainformedschools.co.uk
Tel: 01752 278477

