A solutions-focused approach to promoting hope and supporting suicidal teens

Wednesday 22nd April | 9.30am - 12.30pm

This informative and interactive workshop will explore:

- The nature of suicidality (suicidal thinking, behaviours and crises) in young people
- The basic principles of Solutions-Focused Brief Therapy (SFBT)
- The skills and techniques of SFBT
- The use of SFBT within a crisis intervention model
- How to apply SFBT to supporting young people who are suicidal

Participants will have opportunities to review specific case studies, watch and discuss examples of SFBT in action and discuss SFBT as applied to helping young people achieve change.

This workshop will be of particular value to:

- Psychologists
- Counsellors and therapists
- School counsellors and support staff
- Clinical social workers
- Mental health nurses
- Family support workers

FACILITATOR: Chris is a lecturer in the School of Education at Victoria University of Wellington. He teaches undergraduate courses that focus on issues including self-harm, suicide, substance abuse, grief/loss and coping.

Chris also teaches postgraduate courses that focus on child and adolescent mental health that include suicide assessment and intervention. He has a particular interest in the theory, research and practice of solutions-focused brief therapy.

Chris has worked in suicide prevention and postvention. He developed the Waves psycho-educational programme for adults bereaved by suicide in conjunction with Skylight and has been a co-facilitator of this programme for eight years. Chris is about to complete his PhD in Health on young men’s experiences of losing a close friend to suicide.

LOCATION: Skylight, 2A Green Street, Newtown, Wellington

COST: $80.00 Includes morning tea and handouts

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