

# Everybody Hurts Sometimes...

## One Day Conference on Self-Injury

**Date:** Friday 2<sup>nd</sup> March 10:00 – 5:00      **Venue:** 3074 Arts building Trinity College Dublin

**Cost:** €55 (including healthy lunch and morning refreshments)

### Rationale

Research shows that one in five people may experience self-injury during their life time (UNICEF Ireland, 2011; Gollust et.al., 2008) and that it spans the entire population: young and old, male and female, socially disadvantaged and privileged alike. This conference explores self-injury across the spectrum of contexts, the range of interventions that are helpful and the challenges to them.

### Presentations Include

- Opening Address
- Key Note Presentation: *Helping the Self, Not Fixating on the Harm: A Mother and Son's Experience of Self-Harm*, by Dara and Eoghan
- *Reaching Out - or Not: Why the Statutory Approach to DSH isn't Working*, by Chiara Seery, Research Assistant, Student Counselling Services Trinity College Dublin
- *Self-Injury: Challenges to Therapists – Clinical and Personal*, by Karl Tooher, Therapist
- *Strong and Silent: Men, Masculinity and Self-Injury*, by Kay Inckle School of Social Work and Social Policy, Trinity College Dublin
- *The Impact of Alcohol Use on Self-Harm*, by Conor McCafferty, Zest, Derry
- *Adolescents Speak Out: Needing Someone to Talk to, Someone to Listen 24/7*, by Eilis Hayes, School of Nursing and Midwifery, Trinity College Dublin
- *"It's a Safe Space": The Unique Role of Self-Injury Peer-Led Groups*, by Melanie Boyce, Research Fellow, Anglia Ruskin University UK

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### Conference Booking Slip

To attend the conference please complete this slip and return it with payment to:

Ailish Kenndey, NIID, 4<sup>th</sup> Floor, 3 College Green, Trinity College, Dublin 2; Tel: 01 896 3885;

Email: AKENNED@tcd.ie

Name: \_\_\_\_\_

Organisation (if applicable): \_\_\_\_\_

Email: \_\_\_\_\_

Conference fee (includes healthy and vegetarian lunch and morning refreshments): please circle

€55 waged / €45 (student, unwaged, service-user)

Payable by cheque, postal order or bank draft made out to: Trinity Number 1 Account

Signature: \_\_\_\_\_