

# AT THE CUTTING EDGE - Self harming behaviours, understanding why & what to do



## . Start

**Speaker: Gregory Nicolau**

**15 August 2012**

**SEMINAR**



**HALF DAY**



**australian  
childhood  
trauma  
group**



**Date**  
15/08/2012

**Time**  
Registration: 9.30am  
Seminar: 10am - 1pm

**Location**  
Edgar Lynch Training & Meeting Rooms  
3 St David Street, Fitzroy, Australia 3065

**Cost**  
Workers: \$100+GST  
Carers / Full-time Students: \$85+GST

Self-harming behaviours can be extremely confronting to workers and carers. One can be left with very mixed feelings including powerlessness. Understanding the reasons why traumatised children and young people wish to harm themselves and how to respond, will ultimately promote change and healing. For such children and young people, an understanding adult who is responsive rather than reactive can be life changing.

### **Seminar Objectives:**

- To explore the reasons why children and young people who have been abused engage in self-harming behaviours, including cutting
- To understand how feelings can be expressed or repressed, internalized or externalized
- To learn how to develop a therapeutic environment in foster, kinship, permanent and residential care
- To explore effective behaviour management and safety plans
- To develop practical strategies to work with children and young people who hurt themselves
- To reflect on your own responses to children and young people who engage in self-harming behaviours.

### **Suitable Audience:**

- Carers & workers from foster permanent, residential, adoptive & kinship care
- Family service workers
- Child protection workers
- Teachers / teacher's aide
- Student welfare / wellbeing professionals



Gregory Nicolau is the company Director and Consultant Psychologist of Australian Childhood Trauma Group. He has a 30 year career working with the most marginalised and vulnerable children, young people and families in our community and the agencies, organisations and education facilities who support them. He has an exceptional reputation dealing with complex cases and situations in a compassionate and focused manner. He's transparent in dealing with staff and organisations and able to challenge when appropriate. He enjoys supporting people to deliver the best outcomes for infants, children and young people and is an experienced trainer, facilitator and case supervisor. Gregory is also founder and chair of Random Acts of Kindness.

**REGISTER  
NOW**  
[click here](#)

### **ENQUIRIES**

e [info@start.org.au](mailto:info@start.org.au) t 9415 6466 m 0419 853 888

**edgar  
lynch** TRAINING  
& MEETING  
ROOMS



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Refreshments, morning tea & notes provided

**PAYMENT OPTIONS**

- Cheques/Money Orders made payable to "START"
- Electronic direct deposit to: "START"  
BSB: 083 170 Account: 164 265 208
- Eftpos/Cash on the day.

**Please provide remittance**

**RSVP**

By 8 August 2012. Please send the required information in an email (preferred) or complete registration form and post/fax. Cancellations must be received no later than 5pm, 8 August 2012.

**Places are limited so please book early to avoid missing out!**



Agency:

Program:

Contact Person:

Contact Number:

Email:

Mailing Address:

(Please provide billing contact details if different from agency details provided above)

Name & Email Address of Each Participant:

PARTICIPANT NAME	EMAIL ADDRESS	CARER / WORKER

- Please notify us if you have any special dietary requirements.
- Receipts will be provided upon request.
- Participants will receive a letter of confirmation via email with a map and venue parking details.
- To give carers and workers in the Out of Home Care sector wider access to START training, a series of training DVD's are being developed that will be available through START's website. For this reason, we wish to notify you that this training seminar may be filmed for this purpose.

**Seminar Enquiries and Registrations to:**  
info@start.org.au  
PO Box 236, Fitzroy 3065  
t 9415 6466 f 9415 6085 m 0419 853 888



Department of Human Services  
In partnership with  
Department of Human Services  
North West Metropolitan Region



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