



## Cambridge Forum

For Children's Emotional Wellbeing

### Understanding and working with self-harm in children and young people

with Michelle Miller  
and Dr. Carol Holliday

Saturday 25<sup>th</sup> February 2017  
10:00am to 12:30pm

## Forum Overview

Self-harm in our young people is a matter of great concern and in this forum session we are seeking to illuminate and develop our understanding of what is going on with a view to improving practice. Michelle Miller will present her recent research, which investigated the lived experience of female adolescent's who self-harm. She will present the key findings from her project including verbatim material from the young people themselves. A discussion of the key themes of survival, compulsion/addiction, and the significance of relationships will lead into further discussion of the implications for therapeutic practice. You will be also be introduced to current thinking and the latest research from the literature in this area. We will explore theoretical models, look at the reasons people engage in self-harming behaviour and discuss non-suicidal self-injury and suicidal self-injury. This session will be of major interest to all those who work with or have pastoral responsibility for children and young people.

Carol Holliday will chair the session and contribute to the discussion on implication for practice.

## Speaker Biographies

**Michelle Miller** is a practising therapist and graduate of the Faculty's Child and Adolescent Psychotherapeutic Counselling Programme. She is also an active researcher and PhD candidate at the faculty. Her recent research makes a valuable contribution to our understanding of self-harm in this group.

**Carol Holliday** leads the programme for psychotherapeutic counselling at the faculty and is a UKCP registered arts psychotherapist with 24 years of experience that includes working therapeutically with young people who self-harm. She has recently published a graphic novel, for young people who self-harm, that aims to demystify the process of therapy.

**Venue** Faculty of Education, Donald McIntyre Building  
184 Hills Road, Cambridge CB2 8PQ

**How to book** Please book at this link:

<http://onlinesales.admin.cam.ac.uk/>

FEE: £35.00 / £20.00 for Faculty of Education students and staff

### More info

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