Self-injury, the deliberate destruction of one’s own body tissue, is a growing problem amongst young people in Australia and provides particular challenges for people working in schools and universities. Teachers and school-based mental health professionals are in a prime position to identify and intervene with these young people, but literature suggests they often lack confidence when dealing with a young person who self injures.

This education forum will provide an opportunity to hear from researchers and clinicians working in this field, and will draw on evidence from recent Australian research studies in this area. It will also open up a discussion about best approaches for schools and universities to consider when confronted with these behaviours in their students.

Principals, school and university-based nurses, counsellors, teachers and mental health professionals: Come and share your experience in working with students presenting with self-injury. There will be ample time for audience members to ask questions around this topic, either anonymously or in the open forum.

**Registration**

Registration is essential. No registrations or payments can be accepted on the day. Registration closes on Friday 26 November and registrations and credit card payment must be made prior to this date through [http://ecommerce.med.monash.edu.au/categories.asp?CID=2](http://ecommerce.med.monash.edu.au/categories.asp?CID=2)

**Date:** Wednesday 1 December 2010

**Time:** 6 – 8 pm

(Light supper provided from 5.30 pm)

**Venue:** K3.21 Lecture Theatre

Building K

Monash University, Caulfield

**Prices:** $55 including APS members

$30 (full time students)

VIT Endorsed: PD points for teacher registration renewal.

**Information resources**

All attendees will be provided with information resources to assist them in better addressing self-injury.

For enquiries please contact

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Dr. Penelope Hasking
tel: 03 9902 4024
ewmail: penelope.hasking@monash.edu
Guest Speakers

Professor Graham Martin
OAM, MD, FRANZCP, DPM
Professor Graham Martin is Director of Child and Adolescent Psychiatry at the University of Queensland, and Clinical Director of Royal Children's Hospital Mental Health Service in Queensland. He is an experienced clinician, researcher, writer and commentator who has been dedicated to suicide prevention since 1987. The main focus of his work is in the area of self-injury in young people, with clinical, community, therapy and research programs.

Dr Penelope Hasking
Head of the Health Psychology and Behavioural Medicine Unit, within the School of Psychology and Psychiatry at Monash University.

Dr Hasking is the lead investigator on several projects designed to better understand self-injury and suicidal behaviour among young people. These include a longitudinal study of adolescents, as well as studies of university students.

Sally Trembath
Psychologist
Sally is Manager Mental Health and Safer Community Programs at Monash University. She has worked in the Higher Education sector for over 25 years and draws on a breadth of experience. Sally has worked with a number Australian higher education institutions to strengthen their mental health and safer community programs. She will be discussing the topic of managing self injury in a university community.

Also speaking:

In addition to these speakers, our panel of experts will include
Dianne Summers, Education Psychologist at Woodleigh School, Sarah Swannell, co-author of The Australian National Epidemiological Study of Self-Injury (ANESSI) report and
Emily Berger, Research Assistant with an ARC-funded research project into self-harm.

Cancellation policy Cancellations made between 1 and 16 November will receive a 50% refund. No cancellations will be accepted after 17 November. While the information contained herein was correct at the date of publication, Monash reserves the right to alter procedures, fees and regulations should the need arise. The publication on this system of details of a course in no way creates an obligation on the part of Monash to teach it any given year or to teach it in any manner described herein. Monash reserves the right to discontinue or vary courses at any time without notice.

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