

# Suicide and Self-Harm Research Expertise North West (SSHaRE NoW)

## Webinar

16<sup>th</sup> June 2021

12:00pm – 14:30pm

### Agenda

#### 12:00 Welcome and Introduction



**Dr Pooja Saini** is a co-founder of [SSHaRe NoW](#). Pooja is a Chartered Psychologist and Reader in Suicide and Self-Harm Prevention at Liverpool John Moores University. Pooja is well published in the field of suicide and is currently the Lead Researcher for the first non-clinical community-based centre for men in suicidal crisis. Pooja currently leads LJMU Suicide and Self-Harm Research Group. Her work within suicide includes public engagement, knowledge exchange, implementation science, as well as expertise in both quantitative and qualitative research methods. [P.Saini@ljmu.ac.uk](mailto:P.Saini@ljmu.ac.uk)

#### 12:10 **Speaker 1: Gillian Rayner, Reader in Counselling and Psychotherapy, Principal Lecturer Counselling and Psychological Therapies at University of Central Lancashire, [grayner@uclan.ac.uk](mailto:grayner@uclan.ac.uk)**



**Dr Gillian Rayner** has been working with people who self-harm and injure for the last 30 years and is well published in this area. She has worked clinically as a Mental Health Nurse and Psychotherapist in a variety of mental health settings including High secure, community, acute and Liaison Psychiatry. She has written and facilitated many intensive staff courses on “working with people who self-harm” at a variety of UK Universities. Her research and innovation interests focus on self-harm, interpersonal processes and production and evaluation of new resources. She uses mixed methods and qualitative research.

Title of presentation: A Compassionate Cognitive Behavioural Therapy online learning resource (workbook) for people who self-injure: A Knowledge Exchange project.

Synopsis: The online learning resource for people who self-injure directly supports the World Health Organisation (WHO) initiative, EQUIP(Ensuring Quality in Psychological Support) as this is the development, research and dissemination of resources for scaling-up the quality delivery of psychological and psychosocial interventions by people who are not necessarily highly trained mental health professionals. This project provides a digital user-friendly solution to providing psychological support for people who self-injure with online training and supervision for helpers. Gill has created an integrated model of Compassion Focused therapy and Cognitive Behavioural Therapy for people who self-injure, based on current evidence available and this underpins the resource. This 2-year project was created and funded from the University of Central Lancashire (UCLan) UK, Knowledge exchange funding. The presentation will overview the resource and the

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project evaluation based at two pilot sites; UCLan student wellbeing services as guided self-help and “Lancashire Women” charity as an adjunct to Person Centred/Humanistic Counselling.

This will be followed by an interactive Q&A session, where audience members can ask questions via the chat box.

**12:40** **Speaker 2: Hayley Gorton, Senior Lecturer in Pharmacy Practice, University of Huddersfield** [H.C.Gorton@hud.ac.uk](mailto:H.C.Gorton@hud.ac.uk)



**Dr Hayley Gorton** a Senior Lecturer in Pharmacy Practice and a community pharmacist by background. In her PhD, she studied suicide and self-harm epidemiology using large, electronic healthcare datasets. Early on in her PhD, she found herself at the International Association for Suicide Prevention (IASP) conference, realised she was the only pharmacist there and thought ‘what would I do in my practice?’. The answer was ‘I don’t know’. This prompted Hayley’s series of work about the role of pharmacy teams in suicide prevention.

Supported by her 2018 Fellowship of the Winston Churchill Memorial Trust (WCMT), Hayley travelled to explore the role of pharmacists in suicide prevention internationally. She co-chairs the IASP Special interest group on Suicide Prevention in Primary Care.

Title of presentation: Role of pharmacy teams in suicide prevention: past, present and future

Synopsis: The potential contribution of community pharmacy teams in suicide prevention was first mentioned in 1972. It has taken until the last decade for research in this area to help us to understand what pharmacy teams do, and could do to support people with suicide prevention and self-harm. Hayley will provide an overview of the international picture and the work her team have done with a UK-focus. This year community pharmacy teams have undertaken Zero Suicide Alliance training. Hayley will outline the ongoing work to understand what we might learn from this, and what might come next.

This will be followed by an interactive Q&A session, where audience members can ask questions via the chat box.

**13.10-13:45** **Break** - During the break we will be playing pre-recorded presentations from doctoral students and research assistants working in this area (see below for presentation titles and speaker biographies)

**13:45-14:30** **Access to services for self-harm and suicide: discussion panel.** After the break we will be holding an interactive discussion panel where we will respond to your questions about “access to services”. The panel members are shown below.

**14:30** **Closing remarks, Pooja Saini**

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#### Doctoral student/Research Assistant pre-recorded presentations (to play during the break)

**1) Hayley Montgomery** is a Clinical Psychologist in training at the University of Manchester. Hayley has mainly worked clinically with children and young people, across a range of different services. Hayley's research to date involves identifying different tools and strategies to aid treatment development when working with young people experiencing suicidal ideation. Mental imagery is also another key research interest of Hayley's, particularly focusing on the effectiveness of using mental imagery strategies when working with adults who have depression.  
[hayley.montgomery@postgrad.manchester.ac.uk](mailto:hayley.montgomery@postgrad.manchester.ac.uk)

Title of presentation: The feasibility and acceptability of delivering the Broad-Minded Affective Coping (BMAC) technique with students experiencing suicidality.

**2) Brendan Dunlop** is a Clinical Psychologist in training at the University of Manchester. Brendan has worked clinically with a wide variety of mental health presentations and approaches to intervention. Brendan's research involvement to date has mainly focussed upon self-injury, and his research interests including self-injury, minority mental health (particularly LGBTQ+), suicide prevention and intervention and service user involvement.  
[brendan.dunlop@postgrad.manchester.ac.uk](mailto:brendan.dunlop@postgrad.manchester.ac.uk)

Title of presentation: Responding to first disclosures of suicidal ideation: a framework and guidance for keeping people ALIVE

**3) Laura Abbate** is a PhD student at Liverpool John Moores University evaluating suicide bereavement support services across England and Northern Ireland to assess the impact they are having on supporting people bereaved by suicide. Laura's previous research includes interviewing those bereaved by suicide and also evaluating a suicide bereavement support service in Merseyside and Cheshire. Laura is a member of the LJMU Suicide and Self-Harm Research Group. Laura is also a practising grief counsellor.

Title of presentation: A feasibility study of the effectiveness and acceptability of Postvention Liaison Services for Individuals Bereaved by Suicide.

**4) Claire Hanlon** is a PhD researcher in the School of Psychology at Liverpool John Moores University. Her PhD thesis is examining "*The feasibility and Efficacy of the James' Place Brief Therapeutic Model among Men experiencing Suicide Crisis*". Claire has experience working as a research assistant in various areas of health and has worked alongside multi-disciplinary teams comprised of clinicians, experts-by-experience and researchers. Claire is a member of the LJMU Suicide and Self-Harm Research Group and has research interests in health and wellbeing, including mental health, suicide and self-harm prevention, domestic abuse and health inequalities.

Title of presentation: The Feasibility and Efficacy of the James' Place Brief Psychological Therapeutic Model among Men in Suicide Crisis

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**5) Molly McCarthy** is a PhD student at Liverpool John Moores University examining the clinical pathways for patients attending A&E in suicidal crisis. Molly's research includes working as a research assistant working on a randomised controlled trial to test a patient-reported outcome measure for monitoring primary care patients with depression and clinical experience working with perpetrators of domestic abuse in both prison and probation settings. Molly is a member of the LJMU Suicide and Self-Harm Research Group and her research interests include suicide and self-harm, mental health, forensic populations, decision-making and domestic abuse.

Title of presentation: Configuration and utilisation of clinical pathways by patients who attend A&E in suicidal crisis

**6) Busha Farooq** has an MSc in Clinical and Health Psychology and has been working with The Manchester Self-Harm Project for the last 4 years. Bushra has an interest in self-harm research and child and adolescent mental health.

Title of presentation: Hospital presenting self-harm in ethnic minority children and adolescents: data from the Multicentre Study of Self-harm in England.

## Access to services for self-harm and suicide – discussion panel member biographies



**Dr Peter Taylor** is a co-founder of [SSHaRe NoW](#). Peter is a Clinical Psychologist and researcher at University of Manchester and is well published in the field of self-harm. Peter's research involves building an understanding of psychological processes underlying self-harm. Other areas of work include psychosis and Cognitive Analytic Therapy. Peter has particular expertise in quantitative research methods. [Peter.taylor-2@manchester.ac.uk](mailto:Peter.taylor-2@manchester.ac.uk)



**Dr Caroline Clements** is a co-founder of [SSHaRe NoW](#). Caroline is a Research Fellow and Project Manager of The Manchester Self-Harm Project based at the University of Manchester and has lived experience of self-harm. Caroline is widely published in the area of self-harm and suicide research. Caroline's research interests include the epidemiology and prevention of suicidal behaviours, and suicidal behaviours in at risk populations such as people with psychiatric diagnoses. [Caroline.clements@manchester.ac.uk](mailto:Caroline.clements@manchester.ac.uk)



### **Louise Robinson**

Dr Louise Robinson is a Consultant Forensic Psychiatrist at Lancashire and South Cumbria NHS Foundation Trust, and an Honorary Senior Lecturer at the University of Manchester. Her research examines self-harm in prison. Current projects include a study of the impact of COVID-19 on prison self-harm and a randomised control



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trial of an intervention for women in prison who self-harm. [Louise.robinson@manchester.ac.uk](mailto:Louise.robinson@manchester.ac.uk)



**Naheed Tahir** has always been interested in wellbeing having spent most of her life with health professionals. From looking after her siblings, caring for her ailing mum who died of lung cancer, to being a carer for more than 29 years for her daughter who has special needs. Having faced challenges and hardships as well as experiencing socioeconomic issues along the way, has equipped Naheed with a logical, unbiased and passionate approach to tackling health inequalities for individuals and communities. Naheed cares very deeply about people's health and wanting to make a positive contribution to society. Naheed is Co-Chair of groups in the NIHR Applied Research Collaboration (ARC) North West Coast. and a public advisor on the Community Outpatient Psychotherapy Engagement Service for Self-Harm (COPESS).  
[naheedtahir33@hotmail.co.uk](mailto:naheedtahir33@hotmail.co.uk)



**Emma Ashworth** is a Chartered Psychologist and Lecturer in Psychology at LJMU. Emma's research focuses on child and adolescent mental health, with a particular emphasis on risk and resilience, examining the processes and mechanisms that contribute to the emergence of difficulties. A key focus of Emma's research is the evaluating and trials of school-based mental health prevention and promotion interventions; specifically, implementation evaluations and the differential effects of interventions for at-risk children. Emma is currently co-lead of the Children, Young People and Families interest group in the LJMU Institute for Health Research, and is deputy lead of the Implementation Science methodological research subgroup as part of the NIHR Applied Research Collaboration (ARC) North West Coast. [E.L.Ashworth@ljmu.ac.uk](mailto:E.L.Ashworth@ljmu.ac.uk)



**Kate Henderson** Kate Henderson is a Mental Health Practitioner at Alder Hey Sefton Mental Health Support Team. Kate has 20 years' experience of working both strategically and operationally, with education leaders to improve outcomes for children, young people (cyp) and families. Kate is passionate about Early Intervention and uses a range of modalities including; CBT, CFT, Multi-Systemic, Person Centred, Trauma Informed, Parenting and understands Relationships are fundamental to all practice / effecting change. In 2015, Kate worked with Liverpool Safeguarding Children's Partnership (LSCP) and Liverpool CAMHS to develop a self-harm pathway, tool kit and training which is still delivered by LSCP today. Currently, Kate is studying at Edge Hill University for a Post Graduate Certificate.  
[Kate.Henderson@alderhey.nhs.uk](mailto:Kate.Henderson@alderhey.nhs.uk)

## SSHARE NoW Member Biographies

**Dr Pooja Saini (see above)**

**Dr Caroline Clements (see above)**

**Dr Peter Taylor (see above)**



The University of Manchester



Collaboration for Leadership in Applied Health Research and Care North West Coast

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**Dr Kathryn Gardner** is a co-founder of [SSHaRe NoW](#). Kathryn is a Senior Lecturer in Psychology at the University of Central Lancashire and is well published in the field of borderline personality disorder and more recently in the field of self-harm. Kathryn works alongside many individuals with experience and knowledge of self-harm, including experts-by-experience, academics researching in specialist fields, and clinicians. Kathryn's work focuses on the functions and processes underlying self-harm, as well as care providers' understanding and management of self-harm. Kathryn's work used both quantitative and qualitative research methods.

[KJGardner@uclan.ac.uk](mailto:KJGardner@uclan.ac.uk)



**Cameron Latham** is a co-founder of [SSHaRe NoW](#). Cameron is originally a physicist/archaeological geophysicist and after working in the City, currently runs an innovative training business employing Experts-by-Experience (EBE's). As an EBE himself, with a diagnosis of Borderline Personality Disorder and extensive personal experience of self-injury, Cameron is involved in research, publication, training in many areas of mental health and self-injury, sitting on the Boards of Directors of several charities and companies. [Info@IMAGOftrainingltd.co.uk](mailto:Info@IMAGOftrainingltd.co.uk)



**Jessica Murdoch** is a co-founder of [SSHaRe NoW](#) and has a background in Marketing, but is currently the Operations Director of a Lived Experience based Mental Health Training company and sits on the Board of Wigan Family Welfare. Jessica can provide a unique insight into living with someone who self-injures and also suffers with Borderline Personality Disorder. Jessica also designed and runs the 'Three Little Birds' Mental Health Cafes, and has recently been a guest lecturer at the University of Manchester. [Jessica@IMAGOftrainingltd.co.uk](mailto:Jessica@IMAGOftrainingltd.co.uk)



**Dr Jennifer Chopra** is a co-founder of [SSHaRe NoW](#). Jennifer is a Lecturer in Psychology at Liverpool John Moores University. Jennifer's research in the area of intimate partner abuse aims to look at the full spectrum of abusive behaviours, including coercive control, and she is particularly interested in the long-term impact of partner abuse. In addition, Jennifer researches stalking, domestic homicides, suicide risk and prevention. [J.Chopra@ljmu.ac.uk](mailto:J.Chopra@ljmu.ac.uk)