

# Suicide and Self-Harm Research North West (SSHARE NoW) 6<sup>th</sup> Annual Conference

16<sup>th</sup> June 2023

9.30am to 4.30pm

**Roscoe Lecture Theatre B – University of Manchester**

The sixth annual Suicide and Self-Harm Research North-West (SSHARE NoW) conference brings together clinicians, individuals with lived experience, researchers, and academics in the field. The conference aims to raise awareness of, and facilitate discussion about, research taking place in the Northwest of England about self-harm and suicide. This year the theme of the conference will be on crisis interventions and brief therapies for people who self-harm. The conference features a panel made up of experts-by-experience, clinicians and researchers who will be discussing this topic, and responding to questions from the audience. For the first time this year we are also inviting brief presentations from current postgraduate students undertaking work in this area.

## Agenda

**9.30am:** Refreshments

**10.00am:** **Dr Peter Taylor** - Welcome and Introduction

**10.10am:** **Professor Nav Kapur** - The NICE 2022 guidelines for self-harm: implications for care and aftercare

**11.00am:** **Dr Claire Iveson** – Collaborative safety planning intervention: ‘From Design to implementation: successes, challenges and next steps’

**11.30am:** **Break**

**12.00pm:** **Dr Pooja Saini** – Community Outpatient Psychotherapy Engagement Service for Self-Harm (COPESS): Preliminary results from a feasibility trial.

**12.30pm:** **Jane Boland** - Developing, implementing and evaluation an innovative community based suicide prevention service for men in a suicidal crisis.

**1.00pm:** **Lunch**

**2.00pm:** **Doctoral Student Presentations**

**3.00pm:** **Break**




**3.30pm:** **Panel Discussion: Crisis intervention and brief therapies for self-harm**


**4.30pm** Close

**Panel discussion members:**




- Dr Katie Dhingra, Leeds Beckett University
- Dr Cecil Kullu, Greater Manchester Mental Health NHS Foundation Trust
- Jane Boland, James' Place
- Cameron Latham, expert-by-experience
- Jessica Murdoch, expert-by-experience
- Amarjit Pawar, expert-by-experience
- Dr Dan Pratt, University of Manchester
- Chair: Dr Peter Taylor, University of Manchester





**About the speakers**

<p><b>Prof. Nav Kapur</b></p> 	<p>Nav is Professor of Psychiatry and Population Health at the University of Manchester, UK and an Honorary Consultant Psychiatrist at Mersey Care NHS Foundation Trust. He has spent the last 25 years researching suicidal behaviour, particularly its causes, treatment and prevention. He has led committees for the National Institute for Health and Clinical Excellence (NICE) in the UK including those developing guidelines for how all clinical staff should treat people with self-harm. He sits on the main advisory group on suicide for the Department of Health in England and is currently helping to lead a national quality improvement project to prevent suicide. He is the lead author of Suicide Prevention (3rd Edition, Oxford University Press) and has published over 300 academic papers. He is the 2021 recipient of the American Association of Suicidology Louis I. Dublin Award for lifetime achievement in suicide prevention and the 2021 International Association of Suicide Prevention Stengel Award for outstanding research.</p>
<p><b>Dr Claire Iveson</b></p> 	<p>Dr Claire Iveson is an experienced Consultant Clinical Psychologist, Clinical and Strategic Lead for Suicide prevention in Mersey Care NHS Foundation Trust. Claire has worked in clinical practice in a range of settings for more than twenty years and has further training in specialist psychological approaches specifically for those who self-harm or are at risk of suicide. Claire was the main author of the new ZSA SHARE resource published on the 2021 Consensus statement for sharing information and suicide prevention. Claire is the Clinical and Strategic lead for safety planning and is responsible for designing and implementing a system wide suicide prevention strategy applicable to all settings, service users and the workforce.</p>
<p><b>Dr Pooja Saini</b></p> 	<p>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>




	<a href="mailto:P.Saini@ljmu.ac.uk">P.Saini@ljmu.ac.uk</a>
<p><b>Jane Boland</b></p> 	<p>An expert in Suicide Prevention, Jane is the Clinical Lead at James' Place, a suicide prevention centre for men. She developed the therapeutic model and has recruited and trained the teams who deliver the unique and innovative therapy to men in a suicidal crisis. Jane has set the tone for James Place and is responsible for ensuring that all our clients experience the welcoming and warm approach that is key to our success. Prior to working at James' Place, Jane was the Suicide Prevention lead for MerseyCare NHS Trust and was the co author of the award winning #SeeSaySignpost Training, which has now been accessed by over 2.2 million people.</p>

## Panel members

<p><b>Dr Katie Dhingra</b></p> 	<p>Katie Dhingra is a Reader in Psychology at Leeds Beckett University, an Honorary Research Fellow in Psychology and Mental Health at The University of Manchester, and has lived experience of self-harm. Her research largely focuses on the psychosocial mechanisms underlying non-suicidal self-injury (NSSI) and suicide, and suicide risk and prevention among high-risk individuals, such as those involved with the criminal justice system. Additionally, she researches violence against women and children and psychological responses to trauma.</p>
<p><b>Dr Cecil Kullu</b></p> 	<p>Consultant Psychiatrist in liaison Psychiatry based at North Manchester General Hospital and Associate Chief clinical Information Officer for Greater Manchester Mental Health Foundation Trust. Cecil's research and clinical interests are in interaction between physical illness and mental health conditions, Self-Harm, Alcohol Related Brain Damage and Delusional infestation, use of digital technology in health care settings. Cecil set up the first service for psychotherapy treatment for self-harm for people presenting to the emergency department in Merseyside which won the innovation award from ARC Northwest Coast.</p>
<p><b>Jane Boland</b></p>	<p>See above</p>
<p><b>Cameron Latham</b></p> 	<p>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</p>

	<p>self-injury, sitting on the Boards of Directors of several charities and companies.</p> <p><a href="mailto:Info@IMAGOtrainingltd.co.uk">Info@IMAGOtrainingltd.co.uk</a></p>
<p><b>Jess Murdoch</b></p> 	<p>Jessica 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.</p>
<p><b>Amarjit Pawar</b></p> 	<p>Amarjit Pawar is a Psychology graduate from the University of Manchester and is currently training to become a counsellor whilst working part-time and engaging in her own recovery from CPTSD and low mood. Amarjit's professional experience is with non-for profits and safeguarding young adults. In the future Amarjit hopes to gain professional experience in mental health research especially looking at the effects of trauma on development.</p>
<p><b>Dr Dan Pratt</b></p> 	<p>Daniel Pratt is a Senior Lecturer in Clinical Psychology at the University of Manchester and an Honorary Clinical Psychologist and Director of the Suicide Risk and Safety Research Unit at Greater Manchester Mental Health NHS Foundation Trust. Dan's professional experience is in the field of adult mental health with research interests predominantly in psychological models of suicide with a view to developing effective preventive interventions.</p>
<p><b>Dr Peter Taylor</b></p> 	<p>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.</p> <p><a href="mailto:Peter.taylor-2@manchester.ac.uk">Peter.taylor-2@manchester.ac.uk</a></p>

## SSHare NoW Co-Founder Biographies

<p><b>Dr Jennifer Chopra</b></p> 	<p>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.</p> <p><a href="mailto:J.Chopra@ljmu.ac.uk">J.Chopra@ljmu.ac.uk</a></p>
<p><b>Dr Caroline Clements</b></p> 	<p>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.</p> <p><a href="mailto:Caroline.v.clements@manchester.ac.uk">Caroline.v.clements@manchester.ac.uk</a></p>
<p><b>Dr Kathryn Gardner</b></p> 	<p>Kathryn is a Senior Lecturer in Psychology and Chartered Psychologist at the University of Central Lancashire and is well published in the fields of self-harm, and borderline personality/relational difficulties. Kathryn works alongside many individuals with experience and knowledge of self-harm, including experts-by-experience, academics 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, and she is also leading various NHS service and research evaluations.</p> <p><a href="mailto:KJGardner@uclan.ac.uk">KJGardner@uclan.ac.uk</a></p>
<p><b>Dr Pooja Saini</b></p>	<p>See above</p>
<p><b>Cameron Latham</b></p>	<p>See above</p>
<p><b>Jess Murdoch</b></p>	<p>See above</p>
<p><b>Peter Taylor</b></p>	<p>See above</p>