

#CYP: Suicide Ideation in Cyberspace

– Online Counselling with CYP

– Jan Stiff & Sally Evans



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RESOURCE GUIDE

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A 10 day course over five 2-day blocks for qualified counsellors/psychotherapists who work with children and young people or who wish to work with this age group

The flyer features a group of diverse children and young people smiling and giving thumbs up. The text is arranged in a clean, modern layout with blue and white colors.

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About Jan Stiff

Jan Stiff initially trained as a paediatric palliative care nurse and recognised that siblings of a brother or sister with a life threatening illness, had specific emotional needs. She developed and managed a bereavement service to specifically meet these needs providing both pre and post bereavement support. Presently, Jan works as an online counsellor for two children's charities: 'Swings & Smiles' www.swingsandsmiles.co.uk and 'COAP' www.coap.org.uk. Jan completed the General Certificate in Online Counselling Skills (2010) through OLT and the Diploma in Online Therapeutic Supervision (2013, OLT). She now works as a tutor for OLT and independently providing online supervision for counsellors working online and/or face to face. Jan is a member of 'ACTO' www.acto-uk.org and 'BACP' www.bacp.co.uk. She can be contacted at ripplesonline@hotmail.co.uk.



About Sally Evans

Sally Evans has extensive experience of working with CYP, both offline (Barnardos, 42nd Street) and online (www.kooth.com). She has presented at UKCP, BACP, & OCTIA conferences on the topic of counselling CYP online. She is published (IJTAR/ TAJ) on the subjects of CYP in Cyberspace and Suicide Ideation in Cyberspace, so is particularly aware of the issues of risk and safeguarding in cyberspace and the anxieties this can evoke in practitioners. She was a member of the BACP Expert Reference Group, which drew up the counselling competencies for "Working at a Distance." Sally is a graduate of OTI, an independent therapist, supervisor/consultant, tutor with OLT and trainer working both offline and online. Together with Jan, they have developed a "Counselling Children and Young People Online - Challenges and Potential" training, next intake 23rd January 2016. She can be contacted at se@sally-evans.co.uk.



Event Details

In a ChildLine survey (2008), out of 1,024 young people who took part, 54% said they would feel “too embarrassed” to talk about a big problem with an adult. Further data released from ChildLine (2104) showed that they saw a 116% increase since 2010/11 of sessions where suicide was talked about. In 2013-2014 alone, they worked with 6000 children and young people disclosing that they had attempted suicide, a rise of 43% increase in a single year. These figures suggest that in cyberspace big problems can be talked about with a counsellor/therapist

In this talk, Sally and Jan will talk about cyberspace and what is it about being online that offers Children & young people this opportunity. They will discuss issues ranging from how best to support vulnerable children & young people presenting with this issue to safeguarding to self-care of the practitioner working with this distressing and anxiety provoking presentation.





Suicide Ideation in Cyberspace – Online Counselling with CYP

Online Events – CYP Conference

Monday 25th January 2016

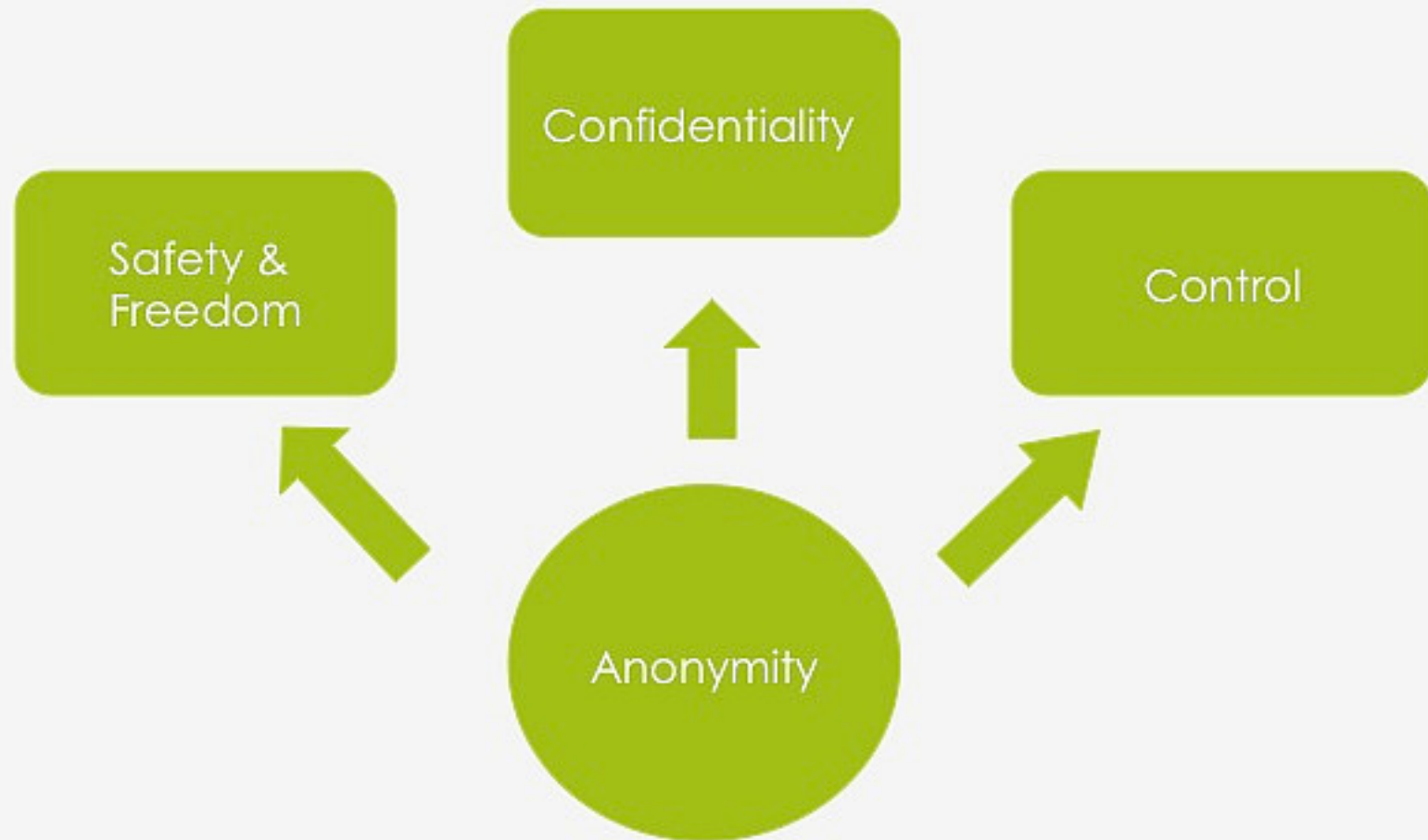
Sally Evans and Jan Stiff

Statistics - ChildLine

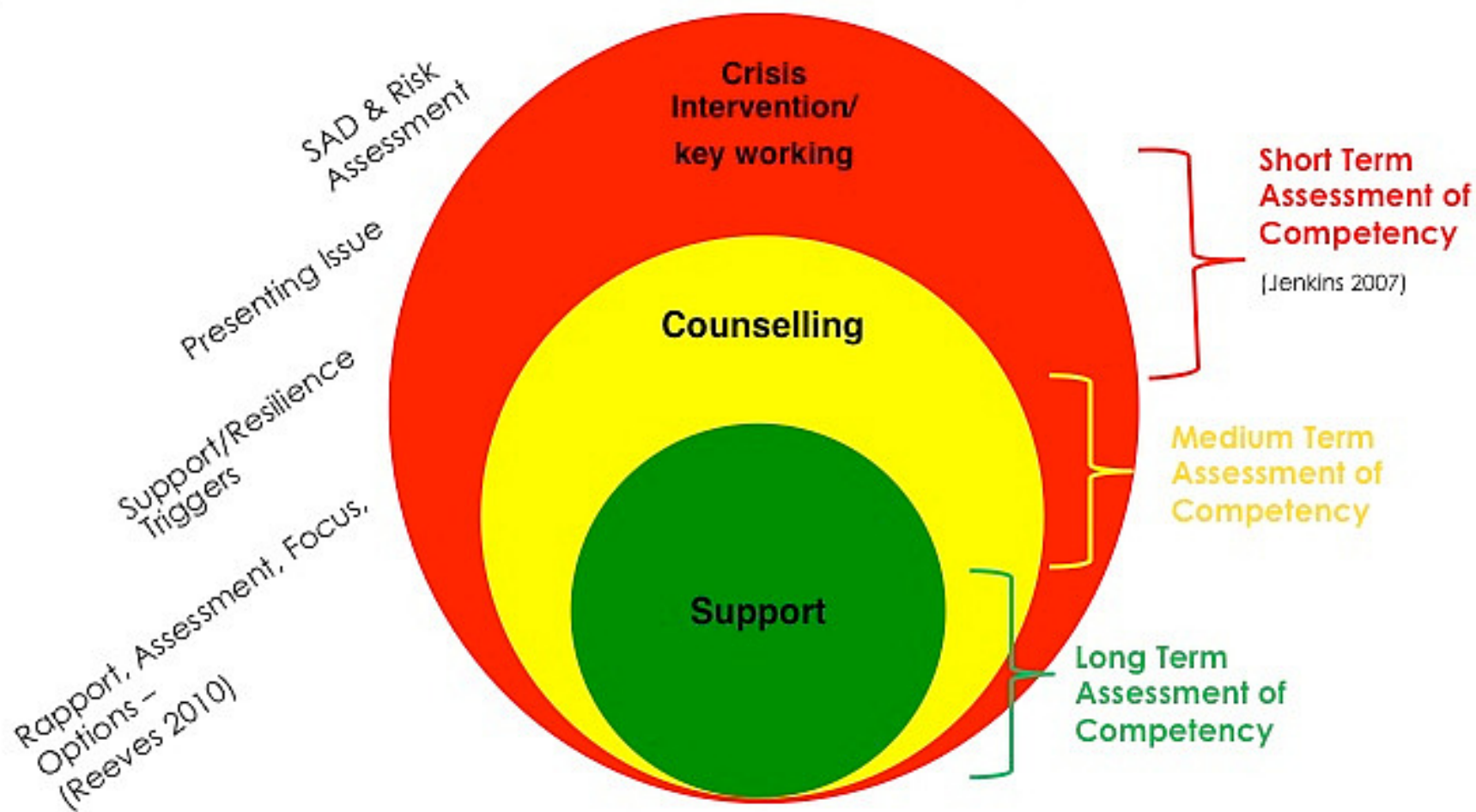
<https://news.tes.co.uk/b/news/2014/10/30/huge-increase-in-suicide-attempts-warns-childline.aspx#.VNNrSBITHg.twitter>

- 43% (6000) increase in a single year 2013/214 of attempted suicides discussed with online counsellor
- 116% increase since 2010/11 of sessions (34,517 sessions) where suicide was talked about with counsellors
- Self-harm mentioned in 36% of counselling sessions about suicide, a 192% increase since 2010/11.
- 12-15 year-olds remain the most common age group to contact ChildLine about suicide

"A Thematic Analysis of Preferences of Young People using Online Support to Discuss Suicide Ideation – UK" Evans. S, 2013



Risk (online) Intervention Model (Evans & Stiff 2016) "Trio of Flexible Interventions for the Management of Risk Online"



"Technology as a conduit for the expression of Risk"

Berne, E. (1964) *Games People Play*. New York. Grove Press

Evans, S. (2103) **A Thematic Analysis of Idea Preferences of Young People using Online Support to Discuss Suicide** **tion – UK**. *International Journal of Transactional Analysis Research*, Vol. 4, No 2 July 2013

Evans, S. (2104) **The Challenge and Potential of the Digital Age, Young People and the Internet**. *Transactional Analysis Journal* April 2014, 44 153-166

Hargaden, H. & Sills, C. (2002) *Transactional Analysis, A Relational Perspective*. Sussex. Brunner-Routledge

Juhnke, Gerald A. (1996). **The Adapted-sad PERSONS: A Suicide for Use Assessment Scale Designed with Children**. *Elementary School Guidance & Counseling* . 30.4 (4), 252-258

Peter Jenkins, (2013) *Children's Rights and Counselling*. Edition. Pavilion Publishing (Brighton) Ltd.

References

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Sally's website – sallyevanstherapy.co.uk

Facebook Group - "CYP Online" <https://www.facebook.com/groups/CYPOnline/>

Contacts

Video



How do your clients
present suicidal thoughts?



Tightropes & Safety Nets - Counselling Suicidal Clients



UniversityLeicester

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Useful Websites

www.swingsandsmiles.co.uk

www.coap.org.uk

www.acto-uk.org

www.bacp.co.uk

www.kooth.com

Connect with Jan

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