



Personalised risk assessment: Emotional co-regulation and relational care, self-harm, suicide, and assessments: Agenda

9.12.25 | 10.00-12.30

Facilitation team	
Dr Leah Quinlivan (She/her)	Research Fellow and Chartered Psychologist, NIHR GM Patient Safety Research Collaboration, University of Manchester
Dr Emma Nielsen (They/them)	Emma is a researcher. They are also autistic and have lived experience. Emma is a PAR collaborator and will be a co-facilitator for discussions
Ellie Wildbore (she/her)	Lived experience expert, speaker, researcher, and PAR Partner
Dr Jay Watts (she/they)	Psychiatric Survivor, Consultant Clinical Psychologist and Psychotherapist
Jill Corbyn (they/them)	Founder and Director of Neurodiverse Connection
Kay Aldred (she/her)	Development lead at Neurodiverse Connection

Aims and context

Content warning: The aim of this session is to provide greater understanding of relational care and emotional co-regulation to inform assessments and care for people who have self-harmed or who are suicidal. We aim to highlight the importance of taking a compassionate, relational, and approach throughout the assessment process.

Throughout this session, we will discuss sensitive topics including relational care, co-regulation, self-harm, suicide, and experiences of healthcare services. Discussing these difficult topics can hopefully help improve personalised approaches to risk assessment. However, they may bring up past experiences and be upsetting. We always have an open-door policy, and these events will be recorded. Please do take care of yourself as priority. You can leave for sections and come back, and/or mute any sections as often as you wish.

Support and contacts

We will have a support space available throughout the session and afterwards. If you are in crisis or feeling distressed, please do seek help from your trusted personal and professional support network. We have included a list of contact numbers as part of the agenda.

Overview

Leah will chair the session. She will also provide general housekeeping. **Leah and Emma** will overview the importance of considering language, stigma, and trauma when sharing research, views, and experience. **Leah** will provide a brief overview of psychosocial assessments as a contextual background.

Ellie will reflect on the quality of psychosocial assessments in the context of self-harm, and the importance of a therapeutic relational approach from a lived experience perspective.

Jay will explore relational safety in assessments, focusing on how our body and minds communicate with each other in moments of fear or overwhelm. The session will outline how relational regulation and co-regulation steady an encounter, support clearer communication, and help people feel safe enough to speak during self-harm and suicide assessments.

Jill and Kay will give an overview of the Embodied Double Empathy Problem (EDEP), cross-neurotype relationships, sensory, social and processing differences and co-regulation and offer practical suggestions to centre a regulation and relational approach to improve care quality.

Leah and Emma will facilitate the chat, the discussion and Q&A.

Time	Item
10.00-10.15	<p>Welcome and introductions (Leah Quinlivan)</p> <ul style="list-style-type: none"> Leah will welcome attendees. She will highlight the importance of safety and wellbeing. Emma and Leah will overview the importance of considering language, stigma, and trauma for self-harm and suicide throughout our discussions
10.15-10.30	<p>Relational assessments and compassion in the context of self-harm (Ellie Wildbore)</p> <ul style="list-style-type: none"> Ellie will overview what works and does not work in the assessment process from a lived experience perspective. Ellie will also overview importance of relational care and compassion.
10.30-11.10	<p>Relational Safety in Assessment: How We Hold People When They're Afraid (Jay Watts)</p> <ul style="list-style-type: none"> Jay will explore how our body and minds communicate during assessments for self-harm and suicide, shaping safety long before words are spoken. The session will focus on creating relational steadiness in pressured encounters, recognising early signs of overwhelm, and using co-regulation to help both patient and clinician feel safer.
11.10-11.20	Break

11.20-12.00	<p>Cross-neurotype relationships and co-regulation (Jill Corbyn & Kay Aldred)</p> <ul style="list-style-type: none"> Jill and Kay will introduce the Embodied Double Empathy Problem and offer practical insights to support cross-neurotype co-regulation.
12.00-12.25	<p>Q&A and discussion</p> <ul style="list-style-type: none"> Leah, Pea, and Emma will facilitate the Q&A. We welcome any questions you have for our speakers.
12.25-12.30	<p>Meeting close</p> <ul style="list-style-type: none"> Leah will close the meeting and provide an overview of the next learning and workshop events.
12.30	Close

Help in a crisis contacts

- [Samaritans](#)
Call 116 123 – 24 hours a day, 365 days a year
- Text “[SHOUT](#)” to 85258
Available 24/7
- [SANEline](#)
0300 304 7000 – 4.30pm-10.30pm, 365 days a year
- [Campaign Against Living Miserably \(CALM\)](#)
Call 0800 58 58 58 – 5pm-midnight, 365 days a year
- [Women’s Aid](#) – national domestic violence helpline
Call 0808 2000 247 – 24 hours a day, 7 days a week
- [Papyrus](#) HOPELineUK – for people under 35
Call 0800 068 41 41 – 10am-10pm weekdays, 2pm-10pm weekends, 2pm-5pm bank holidays
- [Childline](#) – for children and young people under 19
Call 0800 1111
- [The Silver Line](#) – for older people
0800 4 70 80 90 – 24 hours a day, 365 days a year
- [NHS 111](#)
Call 111 – 24 hours a day, 365 days a year
- [LGBT Foundation’s](#) Helpline
Call 0345 3 30 30 30 – 9am-9pm weekdays, 10am-6pm Saturday
- [No Panic](#) – for people who suffer from panic attacks, phobias, obsessive compulsive disorders and other related anxiety disorders
Call 0844 967 4848 – 10am-10pm, 365 days a year
- [BEAT](#) – support and information about eating disorders
0808 801 0677 – 3pm-10pm, 365 days a year



- [Alcoholics Anonymous](#)
0800 9177 650
- [GamCare](#) – free information, advice and support for anyone harmed by gambling Call 0808 8020 133 – 24 hours a day, 7 days a week
- [James' Place](#) – a charity offering support to men in suicidal crisis at centres in Liverpool, London and Newcastle
Call 0151 303 5757 (James' Place Liverpool), 020 3488 8404 (James' Place London) or 0191 406 6000 (James' Place Newcastle) 9.30am-5.30pm Monday-Friday (except Bank Holidays) or complete a [self-referral form](#)