



# Self-injury in children with intellectual disability

## *From research to practice*

**Friday 10<sup>th</sup> March 2023, 9:00am – 4:30pm**

Join us for a **one day in person event** hearing from experts in the field of **self-injury, sleep** and **child development!**

During the day we'll discuss common causes of self-injury covering pain, sleep and cognitive differences. This event will improve your understanding of self-injury, introduce you to novel assessment methods and present cutting edge intervention targets from research.

### With presentations from:



Professor Frank Symons



Professor Andrew Bagshaw



Dr Caroline Richards



Dr Rory Devine

Hosted in partnership with:



Richards Lab  
—Birmingham—



UNIVERSITY OF  
BIRMINGHAM

**CEREBRA**   
Working wonders for children  
with brain conditions



**The Baily Thomas**  
Charitable Fund 



- When?** Friday 10th March 2023, 9:00-4:30
- Where?** Edgbaston Park Hotel, Birmingham B15 2RS
- Who?** Clinicians, teachers, researchers and professionals in other relevant fields
- Cost?** £10 (lunch & refreshments provided)

Spaces are limited and will be allocated on a first come first serve basis.

Contact [c.Laverty@bham.ac.uk](mailto:c.Laverty@bham.ac.uk) for more information



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### Schedule of the day

9:00 – 9:30		<i>Event Registration</i>
9:30 – 11:00	Understanding self-injury	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Dr Caroline Richards</b> - Welcome</li> <li><input type="checkbox"/> <b>Dr Caroline Richards</b> - Self-injury in intellectual disability: what do we know?</li> <li><input type="checkbox"/> <b>Professor Frank Symons</b> - SIB and Sensory Mechanisms - What's Pain Got To Do With It?</li> </ul>
11:00 – 11:30		<i>Coffee Break</i>
11:30 – 1:00	Sleep and self-injury	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Professor Andrew Bagshaw</b> The importance of sleep</li> <li><input type="checkbox"/> <b>Dr Georgie Agar</b> – Poor sleep in children with intellectual disability</li> </ul>
1:00 – 2:00		<i>Lunch</i>
2:00 – 3:15	Impulsivity, self-restraint and self-injury	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Dr Rory Devine</b> – Executive functions: What are they and why do they matter for children's development?</li> <li><input type="checkbox"/> <b>Dr Catherine Laverly</b> – Executive functioning and self-injury in children with intellectual disability</li> <li><input type="checkbox"/> <b>Katherine Marlow</b> – Self-Restraint in children with intellectual disability</li> </ul>
3:15 – 3:45		<i>Coffee Break</i>
3:45 – 4:30	Round Table Discussion	Opportunity to discuss the sessions. Information from these discussions will be used to directly inform a new free resource on self-injury that will be launched with Cerebra in 2023
4.30		<i>Summary and close</i>



Follow us on twitter **@RichardsLabUoB** and use the hashtag **#SIBStudy** to interact with the day!

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### Speaker Biographies



**Professor Frank Symons**

Frank Symons is a Distinguished McKnight University Professor in Educational Psychology and Senior Associate Dean for Research in the College of Education and Human Development at the University of Minnesota. His research interests are focused separately and simultaneously on self-injury, pain, and outcomes measurement across the lifespan in neurodevelopmental disability. His program of work has been supported continuously by the National Institutes of Health (NIH) since 1997 with an overall goal of understanding mechanisms, reducing risk, and improving developmental and functional outcomes.

Andy Bagshaw is a physicist by training, having completed a PhD in Nuclear Physics at the University of Manchester in 1998. He went on to undertake postdoctoral positions at City University London, University College London (UCL), and the Montreal Neurological Institute (MNI). It was at UCL and subsequently the MNI that he first worked on the development of brain imaging techniques, with a specific focus on epilepsy. The aim of work in his group is to develop and apply the methods needed to understand how the human brain is impacted by epilepsy and sleep. By combining the data from multiple techniques, and using their strengths to investigate how brain networks interact in time and space, a more nuanced and fundamental understanding of the human brain can be achieved. A particular focus is on the role of the thalamus in coordinating distributed brain networks, and how this is impacted by sleep and in focal and generalised epilepsy. His primary tools are electroencephalography (EEG) and structural and functional MRI (fMRI), used separately and in combination. He has worked at the University of Birmingham since 2005, where he is Professor of Imaging Neuroscience and co-Director of the Centre for Human Brain Health.



**Professor Andrew Bagshaw**

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**Dr Rory Devine**

Dr Rory T. Devine is an Associate Professor in Developmental Psychology at the University of Birmingham. He previously worked as a post-doctoral research fellow at the Centre for Family Research at the University of Cambridge. He completed his Ph.D. in Developmental Psychology at the University of Cambridge. Dr Devine's research focuses on understanding why children differ from one another in their ability to reason about others' minds (or 'theory of mind') and to control their own thoughts and actions (or 'executive function'). He is interested in how differences in these domains shape children's social, behavioural, and academic adjustment.

Dr Caroline Richards, Associate Professor of Neurodevelopmental Disorders, is a Clinical Psychologist and researcher at the University of Birmingham. Her research focuses on reducing negative clinical outcomes for children. Caroline leads a programme of sleep and behaviour research at the Cerebra Network for Neurodevelopmental Disorders.

This research will help us to understanding why sleep problems occur in children with intellectual disability, autism and rare genetic syndromes, and help families to find solutions to these sleep difficulties.



**Dr Caroline Richards**

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**Dr Georgie Agar**

Dr Georgie Agar is a Lecturer in the School of Psychology at Aston University. Georgie's main research interests are sleep difficulties, self-injury and other negative outcomes for people with intellectual disability, and the impact these have on their caregivers. Georgie's PhD work was funded by Cerebra, investigating poor sleep in children with rare genetic syndromes. Georgie was the project lead for the SIB Study from October 2019-June 2022, before leaving it in Catherine's capable hands! She continues to be involved in the sleep component of the study, and is passionate about making sleep assessments accurate and accessible for all children with additional needs.

Dr Catherine Laverty is a research fellow in the School of Psychology at the University of Birmingham. Catherine's research focuses on improving clinical outcomes in children within 'at risk' populations, with a particular current emphasis on self-injury, sleep, and behaviour in autistic children with an intellectual disability. Catherine's PhD work explored social understanding within infants born moderately or late preterm. Catherine joined the SIB project as a research associate in 2021, and has become the project lead in June 2022. Catherine is passionate about conducting research that aims to improve clinical outcomes for children and their families.



**Dr Catherine Laverty**



**Katherine Marlow**

Kat Marlow is a final year doctoral researcher working in the School of Psychology at the University of Birmingham. Kat's PhD focuses on understanding self-restraint and self-injurious behaviour shown by autistic children and/or those with an intellectual disability. Kat has worked on the SIB Study since September 2020, and was involved in the movement towards remote testing methods. Using data collected within the SIB Study, Kat's PhD aims to better describe self-restraint behaviours, and explore links with self-injury and executive functions.

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