

## LEARNING DISABILITIES AND SELF HARM

A one-day workshop looking specifically at a range of issues, which are likely to confront staff working with people who self harm in the learning disability sector.

This course seeks to provide staff with the necessary skills to work effectively in sometimes alarming circumstances from a sound theoretical base

### WHO IS THIS COURSE FOR

Support Workers – Mental Health or Learning Disabilities or staff of other grades working in a Health and Social Care setting .

### SUMMARY OF CONTENT

- Self harm or self injury
- Definition and Causes
- Forms and methods of self harming
- Attention seeking or seeking attention
- Challenges for Staff
- Responding & working effectively with people who self harm
- Understand why people self-harm
- Meeting the work place challenges
- Team and individual approach to risk taking
- Developing practical skills for working with people who self harm
- Action Plan for behaviour management

---

This Course is available as an 'in house' commissioned training programme for up to 30 people.

Further details can be obtained from

**Matrix Training Associates**

e: [office@matrixtrainingassociates.com](mailto:office@matrixtrainingassociates.com)

☎ 01256 398928 Fax 01256 398929

