

'WORKING WITH SELF HARM'

(A ONE DAY TRAINING COURSE)

Self Harm is an emotive issue for people working within mental health, adolescent, education or mainstream services to deal with. Often staff may themselves feel overwhelmed or unsure what they can do which helps the person who is self harming. This course not only provides an understanding into self harm but offers many practical strategies which are both readily implemented and effective in helping people develop skills in self-management and awareness

WHO IS THIS COURSE FOR?

- A one - day course for anyone working with or supporting people who self harm
- The course may be of particular benefit to those working in mental health, adolescent services, education or who work residential setting

WHAT THE COURSE COVERS

- An understanding of the concept and nature of self harm
- An awareness of risk factors and its relationship with suicidal behaviour
- The introduction of the Cycle of Self Harm
- Exploration of the context and role of self-harm for individuals
- Identification of available therapies and models which have been developed in this area of work
- Practical strategies which may be used with people who self harm which promote choice, understanding and self-management

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

Further details can be obtained from

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