

'WORKING WITH SELF HARM'

(A ONE DAY TRAINING COURSE)

'Working with Self Harm' aims to demystify some of the assumptions and fears when dealing with self-injury.

Using case studies, group activities and video, the course is very interactive; it aims for participants to acknowledge and identify strengths and weaknesses in their own and their organisations' approach to self-injury and develop skills and ideas to help people find alternatives to self-injury.

The programme seeks to increase levels of awareness of the approaches and skills necessary when working with people who self-harm.

WHO IS THIS COURSE FOR?

All people working within mental health, adolescent, education or mainstream services that come into direct contact with this client group.

COURSE SUMMARY

- What is self-injury?
- Types of self injury and prevalence.
- The 'Function' of self-injury.
- Child and Adult self harm experience.
- Background and experiences of services.
- Skills in responding to the needs of this client group.
- Alternatives to Self Injury.

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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