

Working with Self Harm

A one day course

The number of people who self harm – either through cutting, taking an overdose or by other means – is rising every year. This course seeks to explore the reason behind this fact and to offer a different perspective on this difficult area of work. It aims to provide an introductory overview of how self harm, its nature, causes and prevalence. It will explore the cycle of self harm and identify how it is linked with suicide ideation and behaviour. The course will challenge the myths, assumptions and misconceptions often associated with self harm.

The course identifies the various interventions and strategies which promote well-being and insight into what role the self-harming behaviour is having on a person's life and how this may be managed in a community or inpatient setting. Every element of the course will be framed in the context of best practice, research and government guidelines.

Who is it for? The course is designed for anyone who works directly with people with personality disorder whether Qualified or unqualified or working in the voluntary or statutory sectors. This may include mental health staff such as support workers, ward staff, nurses, occupational therapists or social workers.

Timetable (may be subject to amendment)

Session 1 Self Harm – introduction & overview
Overview of its nature and possible causes
Exploration attitudes, myths and misconceptions in this area of work
Exercise – Self Harm & society

Session 2 The Cycle of Self Harm
Self harm and Suicidal behavioural: similarities and differences
Risk and prevention
Exercise – Self Harm & Emotional Regulation

Session 3 Examination of interventions, strategies and an overview of therapies which may be effective in this area of work
Practical examples of working with someone who self harms
Exercise – Case Study with focus on appropriate intervention

Session 4 Exploration of common problems for practitioners, teams and services
Identification of possible changes to practice
Exercise – Next Steps

Learning Outcomes

On completion of this course, participants will be able to:

- Recognise how self harm impacts on a person's life and what may cause it
- Understand the issues and connection between self-harming and suicidal behaviour.
- Understand the importance of team cohesion and effective care planning
- Use specific interventions and strategies to help people manage their behaviours and/or emotions
- Identify possible changes in individual, team or service provision

Training Techniques

Taught, group exercises/case studies, Q&A