

Responding to Self-Harm

BACKGROUND:

Self harm affects a large number of individuals, of all ages and walks of life, yet it is a complex issue to address and work with. Self-harming and self-injurious behaviours are increasing and especially amongst young people, and many people find them hard to treat - it is common to feel powerless when faced with such behaviour.

However, it is important to not give up hope and to try and develop an understanding of the key issues faced by people who self harm so as to understand and empathise with their behaviours.

TARGET GROUP:

All employees working with individuals who have self-harming behaviours.

COURSE AIM:

The course aims to provide knowledge and skills to being support workers with the practical skills to help someone who self-harms.

LEARNING OUTCOMES:

Following the training delegates will feel more confident in the following areas;

1. Understanding and demystifying what self-harming behaviours are and why they happen
2. The self-harm continuum - what tips people into self-injury
3. Recognising when self-harm becomes suicidal behaviour
4. Learn and practice skills when supporting people who self-harm
5. How to offer support
6. Self-care when supporting individuals who self-harm

ORGANISATIONAL BENEFITS:

When staff are supported and receive training to support them in their role, the impact on their confidence and ability to deliver the service can only be positive, they feel valued and retention is improved along with good practice.

For 12-14 people, at your venue

(Including all materials)

For further information, contact Steps Training on **02920 095300** or email info@steps-training.co.uk