

# WORKING WITH YOUNG MEN IN CUSTODY WHO SELF-HARM

## ONE DAY TRAINING COURSE

- Defining self-harm
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- Considering attitudes towards self-harm
- Recognising risk and indicators of self-harm
- Understanding the functions of self-harm
- Considering the impact of working with young men who self-harm
- Exploring effective interventions from an age and gender appropriate perspective
- Considering good practice within the prison service

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# **SELF-HARM TRAINING**

Many young males in custody express their emotional distress in destructive ways which can include self-injury. This can prove difficult for both the young man and those around him.

This training will consider key factors in relation to self-harm and allow staff to reflect on the issues facing young males who self-harm, as well as providing staff with the opportunity to consider their own attitudes and reactions to these distress behaviours.

Through discussion, case studies, practical exercises and use of related DVD footage, staff will explore the complex nature of self-harm as well as considering the specific needs of adolescents in distress within a custodial setting.

**Trainer: Niki D (psychotherapist)**