

WORKING WITH YOUNG PEOPLE WHO SELF-HARM

ONE DAY TRAINING COURSE

- Defining self-harm
- 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 people who self-harm
- Exploring effective interventions from an age and gender appropriate perspective
- Considering good practice within agencies



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SELF-HARM TRAINING

Young people have the highest rates of self-harm compared to the rest of the population. Their levels of emotional distress are often expressed in destructive ways, which can prove difficult for both the young person and people around them.

This training will consider key factors in relation to self-harm and will allow staff to reflect on the issues facing young people 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 who self-harm.

Trainer: Niki D (psychotherapist)