



Self Harm Training Brochure

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Introduction

Self harm is a complex issue, and one which can prove problematic for all involved.

Self harm is being described as a sweeping endemic. People who self harm over a period of time, can be 50 times more likely to commit suicide than people who don't self harm. Getting the right help, at the right time can be crucial for recovery and health.

Individuals who self harm range from diverse backgrounds and experiences, and may disclose their self harm to a variety of individuals or services. You might be that person, and how prepared you feel for helping someone who self harms, may directly influence their health. If we, as a community, are going to effectively support people who self harm then we need to have adequate awareness about the issues we are facing.

Why is training so important?

Self harm can be an extremely complex and painful issue to face, for the individuals who self harm, and for those that they go to for help and support.

Our training will encourage you to explore your awareness of self harm, and develop an understanding of the key issues faced by people who self harm, and by the services that these individuals come into contact with. We will explore the impact that we, as service providers, can potentially have upon the health, recovery and well-being of those that self harm, and promote skills that can be used in intervention.

Our aim is to help develop the skills and awareness of staff to feel confident and competent in responding to individuals who harm themselves and believe that this will directly influence recovery.

Who we are

Support

We provide email or postal support; this is a completely confidential service provided by people who understand self harm from a personal and professional perspective. We can also provide support and information to your families, friends, professionals and anyone else who might need it. We are a listening ear and a place where you can be heard and understood. We can also help to put you in contact with other services that may be able to help you.

Our belief is that self harm can be overcome and that you can recover from your difficulties – and we want to help you in that process.

Information

We produce a number of leaflets and publications on self harm aimed at people who self harm, their friends and families and professionals. These leaflets are designed to help people understand self harm and promote recovery.

Training

We provide user led, in-house training for professionals that work with people who self harm. Please contact us to discuss your training requirements.

Consultancy

We offer a consultancy service to advise and inform services about self harm to promote better awareness, understanding, policy and service delivery.

Contact Us

Harmless
PO Box 9325
Nottingham
NG8 9FB

Module 1 - What Is Self Harm?

To give people a better understanding of what self harm is, including the ways that people harm themselves. This module will encourage an awareness of the varied ways that self harm can present itself.

An exercise will be undertaken to highlight any misconceptions about self harm, and encourage participants to identify their own learning needs.

Module 2 - Who Self Harms? Facts & Figures.

A review of the statistics relating to self harm, what up to date research tells us about self harm and the individuals that self harm as a coping strategy.

An exercise will be undertaken that shall encourage participants to explore the statistics that exist about self harm, and identify some of the variation in the statistical evidence that there is about self harm. The exercise will explore participant's awareness about the demographics about self harm.

Module 3 - Causes Of Self Harm

An exploration of the different reasons that cause people turn to self harm, and discussion about trigger events to self harm. Reasons for turning to self harm are varied, and this module will give participants the opportunity to explore the contributing emotions and experiences that may lead to self harm. The module will also introduce the distinction between the reasons why someone self harms, historically, and the events that might trigger an episode of self harm.

At this point an exercise will be introduced that will encourage individuals to access the world of someone who self harms.

Module 4 - Treatment For Self Harm

This module will promote effective ways of helping and supporting people who self harm, the things to say and do that might help, coping strategies, and practical exercises for intervention.

Module 5 - BME & LGBT Communities & Self Harm

Specific issues facing BME and LGBT communities and approaches to working with these client groups with issues relating to self harm.

Participants will be encouraged to identify the many barriers that might face individuals from diverse backgrounds in accessing support for their difficulties, or that might contribute to the development of self harm.

Module 6 - What Is Harm Minimisation

An exploration and review of the current themes and perspectives within harm minimisation work and how this might relate to individual intervention and practice. Participants will be encouraged to explore the strengths and weaknesses of the harm minimization approach.

Module 7 – Professionals

A comprehensive examination of the range of issues faced by professionals when working with individuals who self harm, including:

- fears of the service provider
- coping strategies and interventions
- treatment options
- reinforcing the behaviour
- fears and emotional response in the professional
- NICE guidelines
- when self harm becomes the focus
- the aftermath - scars

An exercise will be used to encourage individuals to examine the range of responses that may be experienced in response to self harm. Participants will be encouraged to explore their own internal reactions to self harm, with a view to enabling them to effectively respond therapeutically to self harm in the future.

Module 8 - Working With Young People

Beneficial to anybody who works with young people, to give a better understanding of young people that self harm and the effects it can have on those around them. This module will look at:

- what to do when you come into contact with someone who self harms
- trends/culture
- when self harm becomes the focus
- coping strategies and interventions
- treatment options and support services
- reinforcing the behaviour
- fears and emotional response in the worker
- young males
- the aftermath - scars

An exercise will be used to encourage individuals to examine the range of responses that may be experienced in reaction to self harm. Participants will be encouraged to explore their own internal reactions to self harm, with a view to enabling them to effectively respond therapeutically to self harm in the future.

Module 9 - Under 18s Talk

Talk for a group of young people about self harm with the opportunity for a question and answer session, including:

- what to do if you self harm
- how to help your friend if they self harm
- who can help
- how to talk to your parents/carers
- Stigma and shame
- Trends and culture
- Treatments and what helps
- Coping strategies
- The aftermath - scars

Module 10 - Students Who Self Harm

Aimed at anybody who works in schools, colleges or universities and want to develop their understanding of self harm and learn what to do to help students that self harm and their friends. This module will include:

- what to do if you think a student self harms
- trends/culture
- when self harm becomes the focus
- coping strategies and interventions
- treatment options and support services
- reinforcing the behaviour
- fears and emotional response in the worker
- young males
- how self harm affects the other students
- the aftermath - scars

Module 11 - Parents, Friends & Carers

Aimed at parents, friends and carers of people who self harm to encourage better understanding and ways to help the person who self harms, including:

- What to do if your child/partner/friend is self harming
- What helps and what doesn't
- Reinforcing the behaviour
- Coping strategies
- Treatment options
- Stigma, shame and isolation
- Where can you get help for yourself
- Misconceptions
- The aftermath – scars

In House Training Packages

Basic Package

Modules 1 – 6

Professional Package

Modules 1 – 7

Working with Young People Package

Modules 1 – 6 & 8

Schools Package

Modules 1 – 6, 9 & 10

Parents, Carers & Friends Package

Modules 1 – 6 & 11

We will also tailor packages to suit your needs and have negotiable rates for voluntary sector organisations. Just pick which modules you're interested in or let us know what you want to know about and we'll give you a quote.

Enquiry Form

Name _____

Address _____

_____ Postcode _____

Organisation _____

If you are a voluntary organisation please state what kind here.

Which package(s) or module(s) are you interested in?

How many people would like to attend the training? _____

Where would you like it to be held? _____

Do you have a specific training need?

Please send your form back to us at:

PO Box 9325
Nottingham
NG8 9FB

Or call 07954008356 for more information