

Title: Understanding Self Harm

Aims: To develop participants skills and confidence in handling and responding to clients with self harming behaviors.

Objectives: Understand the signs and symptoms of self harm
Develop effective verbal skills to appropriately respond to situations
Understand the importance of risk assessments
Share good practice at work

Course Outline:

This course is designed for anyone who may encounter self harm in their working environment. It will increase awareness and confidence, enabling participants to more effectively intervene and respond to self harm situations at work.

Course Content:

- Introductions
- Understanding self harm
- Signs and symptoms
- Psychology of self harm
- Verbal skills
- Diffusion techniques
- Risk assessments
- Good practice
- Case studies
- Internal and external self harm
- Summary
- Evaluations and endings

Commentary

The course covers the development of self harming behaviors, as well as an exploration of the varying types of self harm. It looks at how to respond to clients with self harming behaviors and utilizes case studies to explore issues surrounding this difficult behavior.