



Presents

A One Day Course

Understanding and Supporting People who Self-Injure

This one day course will explore why people self-injure and how self-injury is related to life events. It will enable mental health workers to engage in an open, supportive and empathic relationship with someone who self-injures.

Self-injury is a purposeful act of coping and self-help in which emotional pain is externalised and dealt with in a more visible way. However, this very visibility means self-injury is often treated with mistrust and fear. This session will explore why people self-injure and how self-injury is related to life events, as well as how mental health workers can engage in an open, supportive and empathic relationship with someone who self-injures. Guidance will also be provided around the concept of harm minimisation and safer self-injury.

Learning Outcomes

By the end of the training all participants will have:

- An understanding of self-injury as a meaningful and legitimate response to distress.
- Disputed myths and inaccurate stereotypes about self-injury.
- Acquired skills and knowledge to work collaboratively with individuals who self-injure.
- Developed an enhanced confidence, responsiveness and awareness of how to support people who self-injure in a compassionate and respectful way.
- Been introduced to the concept of harm minimisation and safer self-injury.

Outline of the Day

09:30 - Welcome & Introductions

09:45 – Group Exercise: Self Injury as Coping

10:00 – Why do people injure themselves?

11:00 - *Coffee*

11:15 – Self injury and life experiences

11:45 – Myths vs Common Sense

12:30 - *Lunch*

13:30 – Personal recovery story

14:30 - *Coffee*

14:45 – Helpful and unhelpful responses

15:15 – Harm-minimisation and safe self-injury

15:45 – Discussion and questions

16:00 - Close