



# COURSE OUTLINE

COURSE TITLE: Self harm

COURSE LEVEL: 3

DURATION: One day

## Introduction

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Self harming behaviour can be hard to understand and even harder to deal effectively with. Self harm is a common behaviour exhibited by troubled young people and can be extremely distressing for them. It can be dangerous and provoke high levels of stress.

## Benefits of Attending

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- Understanding why people self harm.
- Understanding the different levels of seriousness
- Looking at different ways of working with those who self harm, how they can be empowered to deal with the issues and how we can work with them to improve outcomes.
- Be better able to manage and understand the risks around self harm

## Programme Highlights

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- Looking at the psychology of self harm.
- Understanding that most serious self harm is not attention seeking behaviour.
- Developing clear ways of working with a variety of self harming situations

## Who Should Attend

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Any worker who has some experience of working with vulnerable and troubled young people. Experience of working with young people who self harm will be useful as this is a course that builds on basic knowledge

## Special Notes

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## Learning outcomes

- To enable learners to gain a better understanding of what self harm is and why people self harm
- To enable learners to assess and manage risk and to work with young people who self harm

## Introductions. (15 mins)

### Session 1. (1 hour) Understanding self harm.

- What is self harm
- Who self harms
- Why do people self harm

## Coffee. (15 mins)

### Session 2. (1 hour) Assessing and managing risks

- Understanding what young people think and feel
- Assessing risk
- Managing and minimising risks

## Lunch (1 hour)

### Session 3. (1 hour) Working with young people who self harm (What you can do)

- Practicalities of self harm
- Multi disciplinary approach
- Looking after yourself and your staff

## Coffee (15 mins)

### Session 4. (1 hour) Working with young people who self harm (helping them to help themselves)

- Helping young people understand what is happening
- Developing strategies for young people to use

## Any Questions (15 mins)

Close