

Advanced Working with Self-Harm

Suitable for:

Staff or carers who have already attended our "Self-harm Awareness" Training Day; or an equivalent training event. Staff or carers who feel that they already have an adequate basic understanding of self-harm, and who wish to develop their awareness and practice around self-harm.

Aims of the course:

- To develop participants' pre-existing awareness and understanding of self-harm by considering specific issues, interventions and debates around self-harm.
- To develop participants' current practice around self-harm by focussing on treatment models, research, and aspects of practice specific to their workplace.

Objectives of the course:

- To draw from research, literature and experience to examine and compare some of the therapeutic approaches commonly associated with self-harm, including Cognitive and Dialectical Behavioural Therapy.
- To consider the specific issues faced by different groups of people who self-harm, based upon differences of gender, age, ethnicity, culture and ability; and how services might most helpfully respond.
- To introduce and examine the diagnosis of Borderline Personality Disorder: drawing from research, theory and experience to ask what the diagnosis means in practice; and how it might be most helpfully responded to.
- To focus on self-help and support groups, using experience to consider what self-help groups offer to people who self-harm, and how they are established and maintained.
- To examine the process of creating a self-harm policy and practice guidelines which reflect the needs of clients and staff.
- To introduce the practice of harm-minimisation; to consider how we might encourage people who self-harm to minimise the damage and risk inherent in self-harm; and to draw from research, practice and experience to construct an ethical, legal, and practical framework for harm-minimisation practice
- To offer staff an opportunity to learn from each other's knowledge, experience and opinions around self-harm.
- To offer an opportunity for staff to reflect on their current practice around self-harm.

Course content:

"It helped me reflect on my own practice and make positive changes" (secure unit clinical manager, harmed "Basic and Advanced training course", Scotland 29th-30th January 2007).

An opportunity to explore in more detail important issues, current debates and models of practice around self-harm, specific to your service. Dependant on the specific training needs of the service, these may include:

- Specific therapeutic models associated with self-harm
- Self-harm and issues of diversity
- Working with a Borderline Personality Disorder diagnosis
- Self-help and self-harm
- Creating a self-harm policy and practice guidelines
- Harm-minimisation practice

