

Self-Harm in the South Asian Community

Aims:

- To develop participants' skills and confidence when working with and responding to self-harm in the South Asian community.
- To identify some of the most important issues which are likely to arise when working with people who self-harm; and to consider ways of addressing them.
- To acknowledge that people of South Asian heritage may face additional issues/pressures which may lead to an increased rate of self-harm.
- Understand that differences in race, nationality, cultural and ethnic heritage may impact on how a service should respond to self-harm.
- To provide an opportunity for participants to share experiences, knowledge and opinions around the issue of self-harm.

Objectives:

Throughout and by the end of the course participants should be able to:

- Construct a definition of self-harm, and to consider how self-harm relates to other self-damaging behaviours including suicide.
- Identify reasons why people may self-harm - by applying information ascertained from pre-existing knowledge, research and experiential account of self-harm.
- Identify factors which may specifically impact upon people of South Asian ethnic origin living in the UK and how these might result in an increased prevalence of self-harm.
- Acknowledge issues of diversity within the South Asian community, and how these may impact on patterns of self-harm.
- Consider and assess various responses, treatments and professional approaches to self-harm.
- Identify how services can incorporate an understanding of self-harm in the South Asian community, in order to best serve the needs of individuals of South Asian origin
- Identify the advantages and disadvantages of working from either a preventative or harm-minimisation approach
- Explore the emotional impact of self-harm on staff and carers, therefore identifying their own need for support, supervision and self-care - and to identify ways of meeting these needs.
- Have the opportunity to view a range of resources that may be used when working with self-harm.
- Discuss and share their own experience, knowledge and views with other participants.

