

# 'Living with Self-Harm' self-harm awareness for people who self-harm

## Suitable for:

People who self-harm who want to acquire an understanding of their self-harm.

## Aims of the course:

- To help participants to understand more about their self-harm
- To decrease the anxiety and isolation which can often be associated with the experience of self-harming
- To instill a sense of hope
- To enable participants to move towards self-care and recovery

## Objectives of the course:

- To reassure participants that other people self-harm by identifying rates of prevalence
- To reassure participants that self-harm can be understood by identifying the reasons why people self-harm
- To encourage participants to think through the particular reasons behind their own self-harm
- To give participants an opportunity to voice their experiences in a supportive and non-judgemental environment
- To provide participants with realistic and practical information about treatment options
- To introduce participants to the issue of harm-minimisation; and to provide them with information which may enable them to reduce the risk and damage inherent in their self-harm
- To offer participants hope by introducing them to a recovery model of self-harm, along with the chance to apply this model to themselves
- To introduce participants to supportive and informative resources for people who self-harm

## Course content:

- An introduction to self-harm
- Sharing experiences of being someone who self-harms
- Why do other people self-harm? why do I self-harm?
- Using services: experiences and options
- Harm minimisation
- Recovery - what does it mean to me?
- What resources are available to support me?

## Learning materials and methods

Whilst being structured and facilitated in order to ensure a safe and comfortable space for all participants, it is also informal, friendly and participatory. Course facilitators use a range of different learning materials and methods, including:

- Published research
- Quizzes
- Literature
- Experiential accounts
- Participatory exercises
- Paired and group discussion and debate
- Individual reflection and feedback

In addition, all participants receive a reading pack containing relevant articles, statistics, leaflets and details of further sources of information.

