

# Men and Self-Harm

## Aims:

- To develop participants' skills and confidence when working with and responding to men who self-harm.
- To identify some of the most important issues which are likely to arise when working with men who self-harm; and to consider ways of addressing these issues.
- To understand that the gender of a client or client group may impact on how a service can most helpfully respond to self-harm.
- To provide an opportunity for participants to share experiences, knowledge and opinions around the issue of men who 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.
- Challenge common myths and misconceptions surrounding the issue of men who self-harm.
- Examine rates of prevalence of male self-harm as recorded in research.
- Identify factors which may result in a statistical under-representation of self-harm in the male population; and to consider how this under-representation impacts on responses and attitudes.
- Identify reasons why men may self-harm - by applying information ascertained from pre-existing knowledge, research and experiential accounts of self-harm.
- Acknowledge issues of diversity amongst men and how these may impact on patterns of self-harm.
- Consider and assess various responses, treatments and professional approaches to self-harm.
- Identify how professionals and services can develop services which are accessible and appropriate to the needs of men who self-harm.
- Identify the advantages and disadvantages of working from either a preventative or harm-minimisation approach with men who self-harm.
- 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 men who self-harm.
- Discuss and share their own experience, knowledge and views with other participants.

