

# Supporting Someone who Self-Harms

## Aims of the course:

- To develop participants' awareness and understanding of self-harm: its nature, the reasons for it, how to respond to self-harm and what resources are available help a carer support someone who self-harms.
- To establish that self-harm is a coping strategy that someone is likely to have developed as a way of dealing with difficult feelings and situations; and that helpful responses from carers may play a vital role in supporting someone who self-harms.
- To recognise and reduce the emotional demands of caring for someone who self-harms by providing information and exploring support needs of carers.

## Objectives of the course:

- To construct a definition of self-harm, and to consider how self-harm relates to other self-damaging behaviours, including suicide.
- To consider why people may self-harm, and what consequences this may have on the way that carer's respond.
- To have the opportunity to listen to experiential accounts of self-harm; as well as having access to current self-harm research, publications and resources.
- To identify helpful and unhelpful ways of responding to someone who self-harms.
- To explore the emotional impact of self-harm on staff and carers, and their consequent need for support, supervision and self-care.
- To identify some of the most important issues which are likely to arise when supporting someone who self-harms; and to consider ways of addressing them
- To develop participants' skills and confidence when supporting someone and responding to self-harm.
- To provide an opportunity for participants to reflect on their own personal responses to self-harm.
- To provide an opportunity for participants to share experiences, knowledge and opinions around the issue of self-harm.

