

# Self-Harm and Eating Disorders

## Aims:

- To develop participants' skills and confidence when working with and responding to self-harm
- 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 develop an awareness and appreciation of the complex relationship between eating disorders and self-harm.
- To provide an opportunity for participants to share experiences, knowledge and opinions around the issue of self-harm and eating disorders.

## 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 eating disorders.
- Identify statistical evidence ascertained from research about the relationship between eating disorders and self-harm.
- Identify reasons why people may self-harm and/ or experience eating disorders - by applying information ascertained from pre-existing knowledge, research and experiential account of self-harm.
- Identify and compare the causes and functions of eating disorders and self-harm, and recognise that there may be similar themes.
- Consider and assess various responses, treatments and professional approaches to self-harm and eating disorders.
- Identify the advantages and disadvantages of working from either a preventative or harm-minimisation approach.
- List a range of alternatives to self-harm that may be suggested as a way of working with their client group.
- Explore the emotional impact of self-harm and eating disorders 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 and eating disorders.
- Discuss and share their own experience, knowledge and views with other participants.

