

# Self-Harm and Learning Disability

## Aims of the course:

- 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 encourage participants to develop an awareness of the complexity and diverse needs of their client group as regards the issue of self-harm.
- To provide an opportunity for participants to share experiences, knowledge and opinions around the issue of self-harm.

## Objectives of the course:

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
- Understand that, on the whole, self-harm and suicide are two distinct issues.
- Identify reasons why people may self-harm - by applying information ascertained from pre-existing knowledge, research and experiential account of self-harm
- Recognise the additional needs of client group and how these may result in an increased rate of prevalence of self-harm amongst people with a learning disability.
- Consider and assess various responses, treatments and professional approaches to self-harm.
- 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 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.

*'Great balance between general info and learning disability specific knowledge alongside personal experiences'*

*Learning Disability and self-harm course  
(MerseyCare NHS Trust) May 15<sup>th</sup> 2008.*

