

Training the Trainers

Day one: understanding self-harm:

Objectives of the course:

- To get to know each other, and to feel comfortable and confident participating within the group.
- To arrive at a shared, basic understanding of self-harm.
- To begin thinking about the task of presenting and facilitating self-harm training.
- To identify resources and further information around self-harm.
- To encourage the group to use resources to develop their knowledge of self-harm

Day two: understanding and responding to self-harm.

Objectives of the course:

- To arrive at a shared understanding of how to respond to self-harm
- To begin to practice, evaluate and develop presentation skills
- To identify how issues of diversity may impact on the group's training needs - and how to negotiate this
- To consider service user involvement within the group, and to identify the benefits, practicalities and challenges

Day three: responding to self-harm

Objectives of the course:

- To identify potential training group dynamics, and how these may best be managed
- To identify the emotional impact of self-harm on staff and carers, and how to respond
- To identify the emotional impact of training on trainers, and how to respond
- To continue to practice and evaluate presentation skills
- To practice using personal experience as a source of knowledge/ a training tool
- To introduce the group to resources and sources of further information

Day four (Advanced course): responding to self-harm - specific issues

Objectives of the course:

- To enable trainers to deliver advanced training
- To facilitate the acquisition and development of further presentation skills
- To increase participants' knowledge of specific issues including harm-minimisation, borderline personality disorder, and development of self-harm guidelines and policy

Day five: responding to self-harm: tailoring the course to a specific service

Objectives of the course:

- To enable trainers to deliver training packages tailored to the specific needs of specific services
- To introduce trainers to further information, statistics and resources specific to the needs and concerns of specific services
- To practice and evaluate presentation skills, with specific reference to the "Advanced" package

