

# Working with Self-Harm in a Secure Setting

## Suitable for:

All staff and volunteers who work within secure and custodial settings.

## Aims of the course:

- To develop participants' awareness and understanding of self-harm: its nature, the reasons for it, helpful responses to self-harm in a secure setting, and the support needs of staff working with self-harm in secure settings.

## Objectives of the course:

- To construct a definition of self-harm, and to consider how self-harm relates to other destructive behaviours, including offending behaviours, aggression and suicide.
- To examine research around patterns and prevalence of self-harm in prisons and secure settings.
- To identify why people in secure settings may self-harm, and what consequences this may have for service response
- To listen to experiential accounts of self-harm; as well as having access to current self-harm research, publications and resources.
- To identify and evaluate various responses, treatments and approaches to self-harm by referring to research and experience.
- To identify the emotional impact of self-harm on staff working in secure settings, and their consequent need for support, supervision and self-care.
- To identify some of the most important issues and concerns which are likely to arise when working with people who self-harm in secure settings; and to consider ways of addressing them
- To increase participants' skills and confidence when working with and responding to self-harm
- To provide an opportunity for participants to reflect on their own personal responses and their practice in working with self-harm
- To provide an opportunity for participants to share experiences, knowledge and opinions around the issue of self-harm in secure settings.

## Course content:

"(The course has given me) more hope, more empathy, more knowledge" (Young Offenders Institute member of staff, Lancaster 6th Feb 2007)

An introduction to some of the most important issues around self-harm, with a specific focus on self-harm in secure setting such as prisons and secure mental health services - including:

- What is self-harm?
- Why do people self-harm within a prison/ secure setting?
- How should we respond to self-harm in prison/ secure settings?
- What resources are available to support work with self-harm within prisons and secure settings?
- How do we support staff who work with self-harm in prisons and secure settings?

