

self harm training

IF YOU LISTEN YOU WILL
LEARN TO UNDERSTAND

A range of training sessions on self harm, for those working with young people to develop understanding, skills and confidence in this sensitive and difficult subject

Designed for those **working with those aged 11-19 year olds** in education, health, local authorities or the voluntary sector

www.selfharm.co.uk

3 hour essential knowledge seminar

Ideal for those who want a basic understanding of self harm as a relevant resource for their work with young people.

Learning Outcomes

- ▶ an overview of the latest research on the extent of self harm among young people and the particular groups at highest risk
- ▶ understanding why young people self harm
- ▶ understanding the different methods young people use to self harm and ways they may hide their harming from others
- ▶ how to respond if a young person discloses that they self harm
- ▶ an awareness of the practical and emotional pressures that may arise in working with young people who self harm
- ▶ where to refer young people locally to specialist support for self harm
- ▶ knowledge of the correct self harm terminology

The 3 hour essential knowledge seminar is a combination of presentation and multimedia video and slides.

“This session made a huge impact in our school. A growing number of our students are disclosing that they self harm and our staff felt ill-equipped to deal with it. This session gave us the knowledge we needed to direct students to where they can get more help.”

Peter Van, Head Teacher, Lea High School

“The practical and theoretical training, gave a great professional insight that effectively equipped my volunteers to support the needs of young people. Highly recommended”

Dawn Hewitt, Service Manager, Chums

“Every youthworker, teacher and social worker should see this. The most useful two hours of training we have ever been to.”

Mark Aldridge, Deputy Head, Hatton Middle School



Cost Contact us for the latest pricing information for both our 3 hour seminar and 6 hour workshop. Prices include all course materials.

Location Training can be delivered at a venue of your choice or, at no extra cost, in the LCET conference suite close to Luton town centre.



6 hour in depth workshop

Ideal for those who want to confidently offer constructive and practical support to young people who self harm.

“The day gave our team the tools to talk to students who are self harming and know that we can offer something valuable to help.

Thank you for such a superb training programme. I would recommend this to all professionals.”

Peter Van, Head Teacher, Lea High School

“Each member of staff has a much greater understanding of self harm, which has readily informed and improved their work.”

Yvonne Jackson, Training Manager, Luton Primary Care Trust

Learning Outcomes

All the learning outcomes from the 3 hour seminar plus:

- ▶ an understanding of the key steps to help young people reduce their harming
- ▶ questioning skills with young people who self harm
- ▶ alternative coping strategies for young people who self harm
- ▶ legal obligations and duties on those working with young people who self harm
- ▶ understanding of physical, emotional and psychological indicators of self harm
- ▶ An opportunity to develop self-harm policy in line with organizational requirements

Numbers We recommend groups of between 15 and 20 for both the 3 hour seminar and 6 hour workshop. For smaller or larger numbers please get in touch.

The 6 hour in depth workshop includes interactive exercises and group work in addition to a presentation and multimedia video and slides.

selfharm.co.uk is a national project dedicated to supporting young people who experience difficulties with self-harm.

Web

Support, information and advice for young people.

Resources

Relevant resources for parents and professionals supporting young people who self harm.

Training

High quality training programmes to equip professionals working in education, health, local authorities or the voluntary sector



selfharm.co.uk's training programme is coordinated by the Project Director, **Rachel Welch** and led by Rachel and our team of specialist trainers.

Rachel's experience supporting young people self harming means she regularly speaks at conferences and provides training to wide range of professionals.

Rachel brings not only extensive professional and academic experience to the training, but also a passion to see young people who self harm better understood and supported across the UK.

Picture taken from 'Hear Me' an interactive art exhibition by young self harmers in Luton in 2006



For further information or to make a booking

email us at training@selfharm.co.uk
telephone us on **01582 748968**

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