

Understanding and Supporting Children and Young People Who Self-Harm

Self-Harming is a complex issue which many carers and professionals can find hard to understand and difficult to manage, in terms of both their own feelings and helping the young person. Too often, because we can find self-harm so troubling, we focus on the behaviour itself and the injuries, rather than the underlying issues.

The purpose of this workshop is to increase carers and other professionals', knowledge and understanding of self-harming behaviours and how to support young people who self-harm to find healthier ways to regulate or communicate their emotional state. On completion of this workshop, participants will have:

- Knowledge of different definitions of self-harm
- Considered the cultural and historic aspects of self-harm
- An understanding of the different types of self-harm
- An understanding of some of the underlying reasons individuals may self-harm (self-regulation, attachment seeking, self-punishment, communication, self-expression)
- Explored the relationship between self-harm and suicide
- Reflected on the possible impact of self-harming on carers and how to manage this
- Discussed possible ways self-harm can reduce over time.

There will be opportunities for participants to discuss specific young people they care for in relation to self-harming behaviours.

All of my courses and workshops involve a mixture of slide presentation, video, group discussion and small group activities. I provide comprehensive handouts over and above a simple printout of the slide presentation.

Course Duration: 3.5 hours (with breaks).

Cost: £225 for up to 20 participants.

Contact: training@johnradouxtherapy.com, 07470 550876.