

UNDERSTANDING SELF-INJURY - COURSE OUTLINE

AIMS

- 1 To develop participants' knowledge and understanding of self-injury and the reasons underlying such behaviour.
- 2 To consider the needs of people who self-injure.
- 3 To develop participants' confidence when working with people who self-injure.

PROGRAMME

- 9.30 Arrive Registration & Coffee
- 9.45 Introductions, ground rules, expectations and what people would like to get out of the day.
- 10.00 What is self-injury? Setting self-injury in context with other behaviours. What self-injury isn't. Some myths and prejudices. Setting self-injury in a cultural context – “Modern Primitives” – tattooing, piercing and scarification.
- 11.00 Break.
- 11.15 Why do people self-injure? Reasons underlying the behaviour. Life events leading to self-injury. Feelings precipitating self-injury.
- 11.45 "Visible Memories" video. Discussion around issues raised by the film. The response of Accident and Emergency Departments to people who self-injure.
- 1.00 Lunch
- 2.0 What issues do self-injury raise for workers? Support needs of staff. How can agencies support staff working with self-injury?
- 2.45 What are the needs of people who self-injure? What works and what makes things worse.
- 3.15 Break
- 3.30 Exploring alternatives to self-injury. Considering harm-minimisation rather than abstinence.
- 4.00 Resources and further sources of help. Evaluation.
- 4.15 Course Ends.