

TRAINING SOLUTIONS NORTH WEST

SPECIALIST TRAINING PROVIDER

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Young People and Self Harm

COURSE OVERVIEW

There is a growing concern about the number of young people who present self harming behaviour, not only in mental health settings, but also in everyday contexts like schools. This one day course will consider key issues in relation to self harm and young people and will give an overview of current research and approaches to the subject of self harm.

COURSE CONTENT

- ✓ Definitions
- ✓ Theories of self harm
- ✓ The relationship between self harm and suicide
- ✓ Gender issues
- ✓ Recognising risk
- ✓ The cycle of self harm
- ✓ Cutting and behaviours
- ✓ Strategies for working with young people
- ✓ Staff support issues
- ✓ Counselling and therapeutic techniques for working with self harming clients

CERTIFICATION

Attendance Certificate

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