

# What's the Harm?: Self Harm Awareness & Skills Training

Deliberate self harm is an act which is intended to cause injury to oneself, but which is not intended to result in death. It is often described by those who self harm as a way of coping with emotional pain and of surviving distressing experiences.

It is not a suicide attempt.



This **1-day workshop** aims to help dispel the myths about self harm and equip participants to support people who may self harm.

**At the end of the programme, participants will be able to:**

1. State a definition of self harm, which recognises that it is predominantly a coping strategy.
2. Describe the difference between self harm and suicide.
3. Discuss the spectrum of self harm behaviour.
4. Describe the emotional, social and physiological factors that may underlie self harming behaviours.
5. Reflect on your own feelings and reactions to self harm and how these can impact on interventions.
6. Describe a range of appropriate and safe responses/interventions, including harm reduction.
7. Discuss issues which impact on working with self harm within the context of your own workplace/ role.

**Target Group:** Any staff from organisations within the Greater Glasgow and Clyde area, who work with and support people who self harm.

**Potential KSF Links:** C1; C3; HWB3; HWB5

To reserve a place on this session, please complete a booking form and return to:

[susan.hearty@ggc.scot.nhs.uk](mailto:susan.hearty@ggc.scot.nhs.uk)

For further information relating to the content of the course please contact:

[Allison.McKenna-Breen@ggc.scot.nhs.uk](mailto:Allison.McKenna-Breen@ggc.scot.nhs.uk) OR [Susan.hearty@ggc.scot.nhs.uk](mailto:Susan.hearty@ggc.scot.nhs.uk)

**Dates & venues:** please see overleaf.

## Course Dates / Venues

<p style="text-align: center;"><del>Tuesday</del> <del>1<sup>st</sup> October 2019</del> <del>*FULL*</del></p>	<p style="text-align: center;"><del>Eastbank Health Promotion Centre</del></p> <p style="text-align: center;"><del>22 Academy St, Glasgow G32 9AA</del></p>	<p style="text-align: center;"><del>9.15 – 4.30pm</del></p>
<p style="text-align: center;">Wednesday 23<sup>rd</sup> October 2019 *Limited places*</p>	<p style="text-align: center;">Vale of Leven Hospital</p> <p style="text-align: center;">Main Street, Alexandria G83 0UA</p>	<p style="text-align: center;">9.15 – 4.30pm</p>
<p style="text-align: center;">Tuesday 5<sup>th</sup> November</p>	<p style="text-align: center;">Eastbank Health Promotion Centre</p> <p style="text-align: center;">22 Academy St, Glasgow G32 9AA</p>	<p style="text-align: center;">9.15 – 4.30pm</p>
<p style="text-align: center;">Tuesday 12<sup>th</sup> November</p>	<p style="text-align: center;">East Dunbartonshire Council Headquarters,</p> <p style="text-align: center;">Marina Building, 12 Strathkelvin Place, Kirkintilloch, Glasgow G66 1TJ</p>	<p style="text-align: center;">9.15- 4.30pm</p>
<p style="text-align: center;">Tuesday 26<sup>th</sup> November 2019</p>	<p style="text-align: center;">Vale of Leven Hospital</p> <p style="text-align: center;">Main Street, Alexandria G83 0UA</p>	<p style="text-align: center;">9.15 – 4.30pm</p>

<p><b>Tuesday 23<sup>rd</sup> July 2019</b></p>	<p><b>East Dunbartonshire Council Headquarters,</b>  Marina Building, 12 Strathkelvin Place, Kirkintilloch, Glasgow G66 1TJ</p>	<p><b>9.15 – 4.30pm</b></p>
<p><b>Tuesday 30<sup>th</sup> July 2019 *Limited places*</b></p>	<p><b>Eastwood Health and Care Centre</b>  Drumby Cres, Clarkston, Glasgow G76 7HN</p>	<p><b>9.15 – 4.30pm</b></p>
<p><b>Tuesday 13<sup>th</sup> August 2019</b></p>	<p><b>Eastwood Health and Care Centre</b>  Drumby Cres, Clarkston, Glasgow G76 7HN</p>	<p><b>9.15 – 4.30pm</b></p>
<p><b>Wednesday 14<sup>th</sup> August 2019</b></p>	<p><b>Multi-Purpose Room Renfrewshire Health &amp; Social Work Centre</b>  10 Ferry Road, Renfrew, PA4 8RU</p>	<p><b>9.15 – 4.30pm</b></p>
<p><b>Tuesday 10<sup>th</sup> September 2019 *Limited places*</b></p>	<p><b>Princes Street House</b>  29 Princes St, Port Glasgow PA14 5JQ</p>	<p><b>9.15 – 4.30pm</b></p>
<p><b>Wednesday 11<sup>th</sup> September 2019</b></p>	<p><b>Multi-Purpose Room Renfrewshire Health &amp; Social Work Centre</b>  10 Ferry Road, Renfrew, PA4 8RU</p>	<p><b>9.15 – 4.30pm</b></p>

<b>Thursday 19<sup>th</sup> September 2019</b>	<b>Princes Street House</b> 29 Princes St, Port Glasgow PA14 5JQ	<b>9.15 – 4.30pm</b>
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**Please note: We are unable to offer more than 2 places per organisation per date**