


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 NHS Greater Glasgow & Clyde staff, or staff from a Local Authority or a Third Sector organisation within the Greater Glasgow and Clyde area, who work with people who self-harm. **Potential KSF Links:** C1; C3; HWB3; HWB5

To reserve a place please contact:

cheryl.glancy@ggc.scot.nhs.uk or telephone: 01412870482

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

Heather.sloan@ggc.scot.nhs.uk

23rd November 2017	East Renfrewshire Council Buildings Civic Room 2, 211 Main Street, Barrhead G78 1SY	9.30 – 4.30pm
11th January 2018	East Renfrewshire Council Buildings Civic Room 2, 211 Main Street, Barrhead G78 1SY	