



## UNDERSTANDING SELF-INJURY

### 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 and coffee
- 10.00** **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
- 2.00** **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.