

The full day training.

The one day course incorporates different aspects of self-harm awareness, looking at what self-harm is; both direct and indirect, as well as definitions from professionals and service users, why people may self-harm; this input comes directly from our members as well as looking at statistical and clinical data and research. We look at different methods of self-harm; direct and indirect, as well as signs of self-harm to look out for. From this, we discuss the prevalence of self-harm and the increase in presentations; including influences e.g. social media. It is important that attendees feel able to participate in discussions, as we encourage through a range of activities and interactivity throughout the day.

Discussions can vary throughout the day; from common misconceptions, to discrepancies between professional and clinical opinions as well as looking at the service user perspective to inspire thoughtful and proactive discussions outlining the challenges professionals face when coming into contact with people who self-harm.

In addition to looking at the challenges, we will also look at practical and helpful advice including dos and don'ts, interventions, helpful distractions and alternative coping mechanisms. We will touch briefly upon how to signpost to other agencies, as well as refer through to our service.

Towards the end of the training, we will touch on some of the activities that are used in our group sessions which will be appropriate and useful to use when supporting someone who self-harms.

The training concludes with members and/or volunteers bravely sharing their personal stories which detail the reasons why they started, what has helped/hasn't helped and where they are at the present day. Following this, we welcome an open question and answer session where the cohort is given the opportunity to ask any questions without fear of upsetting or triggering anyone. This value and impact of the personal stories has been reported positively by all our training cohort previously.

The objective of the training is to give an insight into the world of a self-harmer and their daily struggles; allowing professionals to feel confident when offering support or intervention. All training can be tailored to the individual needs of the cohort delegates, and delivered at a venue suitable to you.

Please contact sdavidson@beyondthescars.co.uk or call 07876234509 to discuss.