

Peter Christison & Associates Health Consultancy and Training



HEALTHY MINDS
in your workplace

Established since 1995
In Workplace Health & Mental Health



TFS 1 Self –harm (and optional suicide awareness) fact sheet

Background

Self-harm is a widely misunderstood and is a response to significant internal distress. Contrary to some of the myths it is not a mental illness per se, it is a complex behavioural condition, nor is it a method of seeking attention. It affects the population from the age of 6 to adult. It is not a form of suicide attempt, though in some cases this coping skills practice leads to tragedy.





Training and workshops

We provide first class introductory, or in- depth group ‘in house’ or bespoke training , throughout the UK, for those working with people who self-harm of **any age** group, in groups up to a maximum size of 14, commissioned by one or two organisations jointly; we do not run open training for individuals. *We can also offer a course in self harm and suicide awareness, or mix with other mental health topic-see our ‘Essential’ Mental Health fact sheet.*

Protocols or policy service. We can provide a service to develop protocols or policies for working with self- harmers for organisations.

Creative Art Therapy: We have an experienced art therapist, who has worked with young people who self –harm. Justine covers London, Sussex and Surrey.

Learning methods All our training is highly interactive in style utilising:

-  Visual aids such as CD/Video
-  Power point
-  Group work and working in pairs-includes case studies
-  Trainer to group and group to trainer

What delegates have said about our self harm 1 day training:

‘Really really interesting, just what we have been waiting for. Great trainer kept the course on track and everyone focussed’ **Lorna Roberts Director ARC Children’s Homes**

‘The course has helped me to look at self-harm in a different way and I feel a lot more confident in handling self harm situations; also how to talk to young people has been a great help’ **Ross Wilhelm RSW ARC Children’s Homes**

‘Very helpful with practical examples to include in practice. Trainer had the ability to relate to different settings’ **Karen Porter Youth Justice Practitioner West Sussex County Council**

‘Good teaching method, explained things well, good sense of humour. The course has a good balance of information, group work and info leaflets’ **Karla Dodgson Child Carer ARC**
Continue overleaf

....and said about 'Self-harm and Suicide Awareness 1 day training

Very interesting and thought provoking, I have gained a greater awareness of the subject area; very well presented and encouraging in participation' **Linda Wood Care Manager, Social care and health adult services South Tyneside Neighbourhood Services**

'Interesting varied and informative; the trainer was easy to follow and not boring'
Jamila Hassan Youth Offending Service Officer South Tyneside Council

'Focussed concise course, the trainer was friendly knowledgeable and approachable'
Jane Donaldson NHS South of Tyne and Wear

Course contents

This will vary according to the requirement you have whether it is in depth self harm or self harm and suicide awareness. The length of the course will be between 1 and 2 days depending on the contents selected. The content list which also forms the aims and objectives are:

- ✚ Understand the types of self-harm
- ✚ Explore workers feelings and attitudes to self injury
- ✚ What the reasons are for self-harm?
- ✚ Learn the functions and purposes that self-harm provides for the person who self-harms
- ✚ How do people who self-harm wish to be treated?
- ✚ How to communicate with a person who self harms; best practice in communication.
- ✚ Understand the NICE guidelines for self -harm
- ✚ Indicators and signs that someone intends to or is self-harming
- ✚ Techniques that people that self-harm use to reduce, or possibly stop
- ✚ How to support a person who self-harms to reduce or change self –harm methods to safe practice
- ✚ What to do and not to do in self-harming situations.
- ✚ Contagion and how to stop it
- ✚ Working with A&E and other agencies to understand a person who self harms; effective sound bite messages to combat stigma and create understanding whilst working with the person
- ✚ Handling disclosure
- ✚ Understand the difference between self-harm and attempted suicide
- ✚ Understand and implement psycho social assessments of a person who self-harms
- ✚ Learn problem solving skills to enable a person who self-harms to use (subject to reason for self-harm)

And Suicide option

- ✚ What are the needs of a suicidal person? Do's and don'ts of communication
- ✚ What to do and not to do in a suicidal situation
- ✚ Indicators that someone is going to commit suicide
- ✚ Risk factors for suicide, the triggers and reasons
- ✚ How to handle the threat of suicide; is it a cry for help?
- ✚ Dealing with a completed suicide , including supporting other residents and staff

Who is the course suitable for?

Any NHS staff including: GP's, clinicians and A&E	Prison and probation service staff
Housing support staff in any age category	Youth service
CAMHS & All mental health staff Carers	Social workers Children homes staff
Leisure services staff	Teachers or lecturers working all age groups
Staff working in any organisation for children and young people i.e. scouts girl guides	Any person working with children and young people

Biographies of trainers

Niki D: Niki is an accredited counsellor and psychotherapist, educated to MA level with 20 years experience working therapeutically with children, teenagers and adults. She has worked with a diverse client group in a variety of voluntary and public sector services including, Prisons and Youth Offending Institutes, ChildLine, Women's refuges Alcohol agencies, Homeless services and Youth services

As an accomplished and experienced trainer for over 5 years, Niki aims to promote good practice within the work place in supporting and understanding people who self-harm or are suicidal. She provides a 1 day course in self-harm awareness and minimisation, and an intensive 1 day course in self-harm and suicide awareness. She runs training UK wide.

Niki is a qualified clinical supervisor and works in this capacity with counsellors at the Metropolitan Police Service as well as within her busy private practice. She also works as a tutor and deputy foundation course leader at the New School of Psychotherapy and Counselling (NSPC).

Peter Christison: Peter has worked in mental health and training for 18 years. Apart from his expertise in workplace health, he has a special interest in self-harm and suicide awareness & prevention and has provided training throughout the UK to numerous organisations including the NHS, social workers, housing associations & those who work with children and young people who self-harm.

For further information please contact: Peter Christison in confidence without obligation

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