



Self Harm Training

Aims:

To introduce participants to the issues of self-harm and suicide.
To introduce theories and ways of helping C&V workers identify and support people at risk.

Objectives:

- Provide opportunities for participants to examine and discuss their own attitudes and fears around the issues of self-harm and suicide.
- Participants will explore two underpinning theories on personality development via presentation and discussion.
- Provide an opportunity for participants to explore theories on personality development in relation to the family system.
- Engage participants in discussion that will help them identify what action needs to be taken in a critical incident.
- Provide participants with a clear understanding of the specific referral pathways that are available.

Learning Outcomes:

- Participants will gain a better understanding of their own attitudes and fears around the issues of self-harm and suicide.
- Participants will gain knowledge of 2 theories of personality development in relation to the family system.
- Participants will be able to identify what action needs to be taken in a critical incident.
- Participants will be aware of specific referral pathways available for them.

Places on all programmes are limited and subject to minimum numbers.

Dates subject to change.

Where email address has been supplied this will be used as means of contact.

**This sessions are open to staff & volunteers of
COMMUNITY & VOLUNTARY SECTOR
organisations operating within the Western Health & Social Care Trust Area**