

Razor's Edge

Responding to self-harm

A unique and dramatic training course delivered by Dr Iain Bourne



YOUR
LOGO

9.30-4.30
DATE

VENUE

CONTACT

Programme Overview

Dealing with self-harm can be one of the most challenging aspects of our work. Staff can feel powerless, fearful, anxious, frustrated and even angry.

This course is designed to illuminate and empower staff so that they can deliver effective and competent responses to people who have a history of self-harm.

This dramatic "fringe theatre" style course prepares staff for those moments. Critical incidents are narrated and reenacted by the trainer

followed by critical examination and clarification of good practice.

On this course you will:

- Explore the issues that affect you in working with self-harm
- Learn how to assess and contain immediate risk
- understand why people self-harm and in particular the needs of people with BPD
- Identify strategies for working with people who self-harm

A powerful and dramatic insight into the experiences, needs and options for people who self-harm

The Structure of the Session: 9.30 – 4.30

9.30 – 11.00

- What we know about Self-harm

11.20 – 1.00

- Managing the Moment
- Assessing responding effectively to desperation
- Crisis Skills
- Crisis Plans

1.00 – 1.45 Lunch

2.00 – 3.15

- Understanding deliberate self-harm
- Emotion regulation, dissociation and numbing

3.30 – 4.30

- Strategies for assisting service users who self-harm

