



Online Workshop: Self-Harm in Context

Trainer: SIS training team

Maximum participants: 10

Course length: 2 hrs, plus handouts

"I really enjoyed the online session, it was run professionally by a skilled and knowledgeable facilitator. I feel that we were treated with respect and our perspectives were valued throughout the session, and I feel better equipped to support people who self-harm through our research as a result of the training" FreshStart – University of Leeds

This workshop has been developed in direct response to the current Covid 19 situation, and is designed specifically for online delivery to smaller groups of participants. It covers what self-harm is, and why people might hurt themselves, as well as providing space to think about what a helpful response to someone who has hurt themselves might be. It has a strong emphasis on bringing the voices of people who use self-harm to the virtual room. This workshop has been developed to either stand alone or complement others in a series of events, and utilises a range of tools to offer a participative online training experience.

Handouts, resource list and copies of the presentation will be available to complement learning.

Our expertise: Self-Injury Support has 30 years' experience in delivering high quality self-harm education to a wide variety of settings and participants. Our approach is participative and reflective, and is focussed on bringing the voice of people who use self-harm into the room, building empathy and confidence for supporters.

Understanding Self-Harm – 2 hour workshop outline		
Aims	This course will offer participants the chance to: <ul style="list-style-type: none"> Consider what self-harm is, and to explore the underlying reasons why someone might use self-harm to cope. Reflect on feelings and issues evoked for supporters of people who self-harm Learn about what people who self-harm say helps them, and consider how to apply this in your setting/situation Think about your own self-care in the current challenging working environment 	
9.45	Register and check tech is working – all comfy?	Input methods: <i>presentation, chat function, discussion, reflection, breakout rooms</i>
10.00	Introductions and ground-rules. What can self-harm be? Defining self-harm, reasons for, and functions of self-harm.	
11.10	Comfort break	
11.15	Reflections for us as supporters, helpful responses to self-harm, Q&A, self-care for participants	
Trainer will be available for 15 minutes post-training for individual questions		