



"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

Online Workshop: Self-help for anyone
Trainer: SIS training team
Maximum participants: 10
Course length: 2 hrs

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 offers a safe place to reflect on your personal self-harm spectrum, and steps you can take to look after yourself. It introduces a range of self-help tools, and explores what makes positive change possible. There is also time to consider how this knowledge can apply to self-harm within a harm minimisation framework, and how to helpfully share this learning with people you support who use self-harm. 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. **Participants will be asked to reflect on their own self-care, & share personal experiences.**

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.

Self-help for anyone – 2 hour workshop outline		
Aims	This course will offer participants the chance to: <ul style="list-style-type: none"> Consider what self-help means from a lived-experience perspective, and how participants can implement associated concepts into their daily lives Experience a range of participative exercises that explore key concepts (self-harm spectrum, body mapping, 5 ways to wellbeing) Learn about harm minimisation and self-help for self-harm from peer-led sources Think about how to helpfully apply this knowledge when supporting someone who uses self-harm 	
9.45	Register and check tech is working – all comfy?	Input methods: <i>presentation, chat function, discussion, reflection, breakout rooms</i>
10.00	Welcome and introductions, self-help, the cycle of change. Personal self-harm spectrum, body mapping and reflection	
11.10	Comfort break	
11.15	5 ways to wellbeing exercise, Self-help and harm minimisation for self-harm, good practice for supporters. End and evaluate	
Trainer will be available for 15 minutes post-training for individual questions		