

**Number of delegates: 20**

**Target Audience**

Social Work staff, NHS staff, Youth Workers, Teachers, and anyone whose work brings them into contact with vulnerable young people and adults.

**Course Content**

This course is for anyone whose work involves interaction with children, young people or vulnerable adults who are actively self harming or have in the past self harmed. The course will provide staff with information on the potential reasons for self harm and the wider consequences for both the individual, the family and those with whom they interact.

The aim of the course is to broaden and develop an understanding of the areas of self harm, including looking at prevalence, why people self harm, risk assessment and what strategies can be effected to reduce the likelihood of an individual choosing to self harm or reduce their using this method as a coping mechanism.

**Learning Outcomes**

- Understand the nature of self harm and its difference from an attempted suicide
- Understand the prevalence of self harm amongst young people in particular
- Understand the nature of assessments used to determine the risk of self harm and/or suicide
- Understand the reasons why someone would self harm
- Understand methods of engagement with young people who self harm using case studies and video
- Understand evidenced based strategies for engaging positively with an individual who is self harming

**Trainer Biography**

Allan is a professionally qualified social care manager, who has worked in both practice and educational roles within social care for over 25 years. Allan has developed and delivered many professional development events on a variety of topics relating to substance misuse and its impact on children and families and has delivered presentations on child welfare at national conferences throughout the UK. Allan has developed training packages for many local authorities throughout the UK on guidelines for interagency working in relation to children affected by parental substance misuse.