



Target Audience

Care and Support staff in a variety of settings and Housing Support Teams who provide direct care and support or a customer facing role.

This course has been developed for learners who are working with people who are at risk of self-harming. The Course is designed to raise awareness of the issues of self-harm and how those in a caring or supporting role can understand and react. The course will provide staff with a clear understanding of the dysfunctional cycles that lead to self-harm and the psychological and bio-medical elements that impact on it.

This course is delivered using a range of methods and resources including:

- ◆ Live tutor facilitation, questionnaires, interactive polls, scenarios for breakout groups, questioning and participation and an end of session assessment.

This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:

- ◆ The Care Act 2014
- ◆ Children (Leaving Care) Act 2000
- ◆ Children Act 2004
- ◆ Making Safeguarding Personal

Course Content

- ◆ What is self-harm?
- ◆ What makes a person vulnerable to self-harm?
- ◆ Signs of self-harm
- ◆ The Dysfunctional Cycle
- ◆ Eating Disorders
- ◆ Responding with intervention models
- ◆ Empowering the individual
- ◆ Recording and reporting

Learning Outcomes

After attending this course, learners will be able to:

- ◆ Describe signs of self-harm
- ◆ State how to respond to both situations involving people self-harming
- ◆ List ways to reduce the likelihood of self-harm
- ◆ State how to record and report incidences of self-harm

Duration: 3 Hours