

# Self-harm workshop

## About the workshop

This one-day workshop is suitable for professionals and individuals who have an interest in understanding the complex issue of self-harm.

## Delivery method

The workshop is delivered in an experiential style to give participants an in-depth understanding of the issue. It is delivered by professional counsellors with a high-level of experience in working with clients with this issue, and will draw upon their own expertise and working practice to complement the taught elements of the programme.

## Learning objectives

On completion of this workshop participants will:

- Understand the issue of self-harm as a coping strategy.
- Explore some of their own coping strategies to facilitate a deeper understanding of the issue of self-harm.
- Understand the range of behaviours that can be self-harming.
- Understand the functions of self-harming behaviour.
- Understand some of the life-experiences that can underlie self-harm.
- Develop a range of strategies to help the participant respond appropriately to a disclosure of self-harm.

**Course costs vary depending on the number of participants and location of training. To discuss your requirements, or to find out about further programmes and our bespoke training and consultancy services, please contact Eva Training & Consultancy on 01642 490 677 or go to [www.eva-training.org.uk](http://www.eva-training.org.uk)**