

CBT with Non-Suicidal Self-Injury: There Must be a Better Way®

A 3-day course for 6-15 people (2-day version also available).

Executive Summary:

Deliberate self-harm is the intentional cause of harm to one's own body. More often, however, it is thought of as the coping with intense emotional distress by inflicting injury to oneself. It is more prevalent amongst young people, though by no means confined to them.

Self-harm is not attempted suicide. People who self-harm have no intention of killing themselves, at that point in time. Rather the self-harm is usually a way of coping with some form of distress. In attempted suicide, by contrast, the person intends to kill themselves. However, although it is important to distinguish between self-harm and attempted suicide, people who self-harm are in fact 10 times more likely to eventually end their own lives than people who don't.

More than 24,000 teenagers are admitted to hospital in the UK annually after deliberately harming themselves; 1 in 10 teenagers self-harm. Rates of self-harm in the UK have increased over the last 10 years and are amongst the highest in Europe.

Sometimes, self-harm is triggered by events such as: bereavement, loss of employment, imprisonment, relationship problems, and other crises, yet at other times, none of those are present, and the self-harm seems to be purely a very effective means of coping with tension and stress.

This course sets out to give a clear and effective approach to working with self-harm by providing patients with something that works better for them than harming themselves.

Who should attend?

All professionals who sometimes see people who self harm, whether 1:1 or as part of a team.

The course covers:

- Engaging with the person: forming a relationship whereby the person will take notice of what you say.
- Analysing why the person self harms. Although some triggers are more common than others, each person has their individual profile and it is essential to uncover it.
- Putting yourself into a uniquely influential position by validating the person's emotional reactions and their behaviour without appearing to recommend self harm.
- Motivating the person to change: having the person reflect on their self harm, identify why they might wish to stop it and become optimistic about the prospects for stopping (and doing something more constructive).

- Finding something better. Importantly, many people report that self-harm works extremely well for them and nothing else does. We look at solving this conundrum.
- The best laid plans are sometimes no more than that: how to have the person act on the plans you have jointly made.
- Dealing with frustration: coping with relapse in people who are doing well; responding to people who say one thing and do another.
- Long term strategy. How to get the person to look forward, to have goals and strive to achieve them. How not just to 'not self harm' but leave it right behind them.
- Methods of working. Gaining support for oneself and providing support 24/7 for the person concerned.

What this course will do for you:

- You will learn 'the fact and figures' relating to self harm.
- How to develop a relationship where the person will take real notice of what you say.
- How to help the person infer their own learning points - and act on them.
- Develop an understanding of why some people self-harm in spite of the distress it causes - and the reason is almost never 'attention-seeking'.
- Learn a clear sequence of steps that are necessary and sufficient in helping and treating people who self harm.
- Learn how to help the person focus on positive future goals in place of self-harm.
- How to provide support for the person when you are not available, and support for yourself when you need it.

Delegates' Feedback

Average presentation rating: **97%**



Average relevance rating: **97%**



Written Feedback:

"Fantastic course ... more courses like this are needed for everyone working in mental health."

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