

# One-Day Self-Harm Workshop

## Summary:

The Self-harm workshop will examine the definitions of Self-harm from self-harming behaviours through to suicidal behaviour in order to give a clear understanding of what we are dealing with. It will also look at the most recent statistics of the problem based on the National Self-harm Registry work in the R.o.I. and N.I. The statistics will also examine and discuss the prevalence of alcohol and drugs in self-harm episodes.

Next the workshop will examine two theories of personality that go to explain what makes us behave in the ways we do, by looking at the theoretical perspectives of the influence of the family impact on personality development, specifically Freud and Rogers. We will examine the systemic nature of 'Family' and how the rules and roles can lead to the dysfunctional behaviours of its members with specific reference to self-harm and suicide.

The afternoon session will examine the life-themes, meanings and functions that are involved in self-harming/suicidal behaviour with much emphasis on case study discussion. Finally we look at effective ways of addressing the self-harming behaviours in light of the knowledge gained throughout the day.

The Workshop will be delivered through presentations to the plenary group and small group discussion and feedback. Case studies will be used to support the theoretical presentation.

The Workshop costs £900 for the one-day session. It is possible to deliver the Workshop as two half-day sessions however each half day would cost £500.

Conor Mc Cafferty

Zest

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# Self-harm Workshop

09.30-10.00 Tea/Coffee arrival

10.00-10.15 **Part 1:** Introductions and overview

## **Part 1 The Behaviour:**

10.15- 10.35 Towards a clear definition of Self-Harm

10.35- 11.15 Most recent statistical analysis of the problem

**11.15-11.30 Break**

## **Part 2 The Person behind the Behaviour:**

11.30-1.00 Part 2: Theories of Personality & The Family System: Underpinning systemic roles and rules

**1.00-2.00 Lunch Break**

## **Part 3 Working with the Behaviour:**

2.00 – 2,45 Life-themes, meanings and functions of self-harm

2,45 – 3.30 Case study analysis

**3.30 -3.45 Break**

3.45- 4.15 Effective approaches for self-harm and suicidal behaviours:

4.15 – 4.30 Evaluation and Finish