



# SUPPORTING PEOPLE WHO SELF-HARM: A FRESH APPROACH

INCREASING UNDERSTANDING . EXPLORING EXPERIENCES . DEVELOPING YOUR TOOLKIT

## ABOUT THE WORKSHOP

Whilst there is a growing awareness of the prevalence of self-harm, it remains a challenging area for many who are trying to support those who use it as a survival strategy and/or means of expressing difficult feelings.

This workshop will provide a space for anyone who is involved in supporting people who self-harm to develop a greater understanding of the experience, their own reactions and ways of navigating challenging situations.

It is facilitated by someone with personal experience of self-harm, as well as experience of working with young people and adults who self-harm in a variety of settings.

## THIS ONE DAY EVENT EXPLORES:

- The experience of self-harm and some of its many different possible functions.
- Our reactions to self-harm (as individuals and members of a team/service).
- The relationship between self-harm and suicide.
- Ways of, safely, opening up conversations around self-harm.
- Ways of working with people to explore the role of self-harm in their life.
- Developing alternative strategies to self harm to reduce distress and facilitate choice.
- Navigating difficult conversations

## WHO IS THIS WORKSHOP FOR:

This workshop is aimed at anyone interested in understanding and supporting people who self harm, inc: friends, family members, nurses, therapists, psychologists, social workers, youth workers, support workers, peer support workers, occupational therapists, healthcare assistants, volunteers, psychiatrists, students and more.

25<sup>TH</sup> JUNE 2018

9.45AM - 4.30PM

LESLIE 1, ORIEL HOUSE HOTEL  
BALLINCOLLIG, CORK

€100 FULL | €70 REDUCED  
€20 CONCESSIONS\*

INC CPD CERTIFICATE & FREE PARKING

\*If you are unable to afford this, but are passionate about supporting others, please let me know so that we can work something out. If I can help, I will.



## TRAINER: RAI WADDINGHAM

Rai is an experienced international trainer

specialising in innovative ways of supporting people who struggle with distressing experiences (including hearing voices, psychosis, dissociation, self-harm, emotional overwhelm and the impact of trauma). Rai has worked in the NHS as an Open Dialogue Practitioner, and has extensive experience in the voluntary sector working with children, young people, adults and people in secure settings (including prisons). She has personal experience of self-harm, dissociation and living with voices.

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[www.behindthelabel.co.uk/self-harm-cork](http://www.behindthelabel.co.uk/self-harm-cork)