

Self-Injury Training & Courses in Dublin

One day & eight week practitioners' programmes; 2 day parent's workshop

Understanding & Responding to Self-Injury

One Day Training

Dublin: Monday 24th October 2011, 9:30-17:30

Cost: €80 per person (paid in advance)

Supporting People with Intellectual Disabilities who Hurt Themselves

One Day Training

Dublin: Wednesday 2nd November 2011, 10:00-17:30

Cost: €80 per person (paid in advance)

Writing a Self-Injury Policy

One Day Training

Dublin: Tuesday 6th December 2011

Cost: €85 per person (paid in advance)

Help! My Son/Daughter Self-Harms!

A Two-Day Intensive Workshop for Parents, Family and Carers

Dublin: December – dates TBC

Cost: €275 per person (paid in advance)

Cost includes materials and resources, meals and refreshments for two days

Understanding & Responding to Self-Injury: A Harm-Reduction Approach

Eight week course in Trinity College Dublin

Friday evening 6:30-8:00 and Saturday 9:00-2:00 for eight weeks from
September 30th – November 26th 2011 and March 9th - May 11th 2012

Cost: €650 per person paid in advance

Accreditation:

All courses receive a certificate of completion; practitioners' courses accredited by the IASW

For further information see below or to register contact: Dr Kay Inckle, Tel: 01 8962991 or
Mob: 0871427211 Email: kay@kreativeinterventions.com or kinckle@tcd.ie

***** **Full Course Details** *****

Understanding and Responding to Self-Injury

One Day Training

Time: 09:30-5:30 (8 Hours)

Cost: €80

Rationale:

Self-injury (often called self-harm) is a widespread experience across all sectors of the population and yet there is little information or resources available which enables people to understand and respond helpfully to self-injury. Because of this interactions around self-injury are often fraught with anxiety, confusion and fear. In this training we undertake a deep and holistic exploration of self-injury, the individuals involved, and best-practice responses to working with them. The training is based on a person-centred and a harm-reduction ethos.

The one day training provides a solid foundation of knowledge, skills and good practice interventions. Participants are enabled to understand the functions of self-injury and its role and purpose in an individual's life. They develop the skills for responding in supportive and meaningful ways, enabling productive client work. Participants complete the training confident and knowledgeable in their practice and able to implement a range of helpful responses to self-injury in both the immediate and long-term.

Content: Key themes include:

- What is self-injury?

- Differences & interrelations in self-injury, self-harm, suicide, eating disorders, addictions
- The functions of self-injury: embodiment and emotional pain
- Individual factors: the inner world and life experiences
- The outer world: social factors and their impact
- Responding helpfully
- Staying safe: harm-reduction

The training is interactive and participant-focused, using group work, multi-media technologies and drawing on some of the latest research in this area. Learning is both theoretical and applied, and participants practice and develop interventions and strategies throughout the day. Participants are provided with handouts, worksheets and relevant resource materials.

Training Evaluations

Participant feedback from the one day course includes:

"Incredibly relevant to my work and I think this new awareness will be really useful and add to my effectiveness."

"Found the day hugely beneficial. Applied what I learned to a fifteen year old girl during the week. [...] I was so amazed at how my new approach seemed to give her a voice and the words to express herself."

"Has totally changed my perception on self-injury. Thank you so much for this."

"Enjoyed the day. I think it should be compulsory for all disciplines!"

"Excellent – really feel more empowered in terms of approaching and working with young people in our service who self-injure."

Training & course details continue on next page...

Supporting People with Intellectual Disabilities who Hurt Themselves

One Day Training for Staff, Carers and Supporters.

Time: 10:00-5:30 (7.5 hours)

Cost: €80

Rationale

Until recently self-injury amongst people with intellectual disabilities was understood in the broad context of what are defined as “challenging behaviours” and often believed to be an organic feature of the disability. However, contemporary research with people with intellectual disabilities has pointed to the need to understand and respond to self-injury in its own right. It demonstrates that self-injury among people with intellectual disabilities has coping, expressive and emotional regulation functions – not unlike people without intellectual disabilities who hurt themselves – but which are often compounded by the individual’s life context and responses to their injuries.

This training workshop is largely based on the findings of a three year research project which was carried out by the Nora Fry Research Centre in Bristol University and The Bristol Crisis Service for Women. The workshop is participant-oriented, interactive and uses a range of media and practical exercises and examples throughout the day. It is designed for anyone who lives, works with or supports a person with an intellectual disability who hurts themselves.

Key Topics Include:

- What is self-injury, self-harm, self-injurious behaviour, challenging behaviour?
- Why do people with intellectual disabilities hurt themselves?
- Inner world, outer context, personal stories
- Responding helpfully: supportive contexts
- Active listening (including listening to people who are not verbal)
- Reflective support
- Practice audit

The training is interactive and participant-focused, using group work, multi-media technologies and drawing on some of the latest research in this area. Learning is both theoretical and applied, and participants practice and develop interventions and strategies throughout the day. Participants are provided with handouts, worksheets and relevant resource materials.

Feedback from the training includes:

A very good day - very relevant to my service and will be of huge benefit to me and my service-users.

Enjoyed the day as well as getting a lot out of it.

Very relevant - changed my focus of working. Very good, thank you.

Very enjoyable and informative, thank you.

Training & course details continue on next page...

New Course!

Help! My Son/Daughter Self-Harms!

2 Day Intensive Workshop for Parents, Family & Carers

Workshop Outline

This is a two day intensive workshop for anyone who has a child (or other relative) who injures themselves (self-harms). It is facilitated by Dr Kay Inckle and Ms Dara Feehan both of whom have extensive experience of dealing with self-injury in a professional and/or familial capacity. They are also both trained in person-centred facilitation and responding to self-injury, and they have developed this workshop to meet the specific needs of parents (or other relatives/carers).

This workshop is designed to answer all the key questions that a parent or relative may have about their son or daughter's self-injury. It explores the functions and causes of self-injury and enables parents to develop the skills and resources to respond in a supportive and meaningful way. There are no 'quick fixes' where self-injury is concerned, but this workshop will allay the panic and anxiety that self-injury often provokes. It will also provide deep insight and practical resources for engaging with a young person in a meaningful and constructive manner. It aims to improve the communication around self-injury and the issues which underlie it, as well as reduce the associated risks and develop a long term approach for support.

The workshop is interactive and explores real experiences through group work, sharing and skills development and also includes teaching-based input. It takes place over two days from 10:00 to 4:30 and is an intense and challenging experience. Participants need to be able to commit to both days. There is a maximum of 20 and a minimum of 10 participants per workshop to ensure optimum balance between group and individual learning,

Each workshop participant will be provided with an individual pack which includes all the materials required for the two days and also take-home resources for themselves and their child/family member. All refreshments including lunch for both days are also covered by the registration fee.

Training & course details continue on next page...

Writing a Self-Injury Policy

One Day Training

Time: 10:00-5:30 (7.5 hours)

Cost: €85

Policy enables best-practice to take place. However, in Ireland there is currently no policy at national level in regards to responding to self-injury and very few organisations have their own self-injury policy. In order to provide a meaningful and effective service for service-users, and to provide a safe and supportive environment for staff and clients a self-injury policy is essential.

This one day training is designed to enable practitioners from across the spectrum of health and social services to develop a policy framework for their organisation. Participants must have had some prior training in understanding and responding to self-injury.

The workshop is practical, interactive and applied and draws on international best-practice in formulating and implementing self-injury policy. Participants will complete the workshop with a draft policy and/or discussion document specific for their organisation for negotiation and implementation within their team. In order to maximise the effectiveness of the day participants will need to bring along a copy of their organisation mission statement, health and safety, confidentiality and personnel policies.

Training & course details continue on next page...

Understanding and Working with Self-Injury: A Harm-Reduction Approach

8 Week Course in Trinity College Dublin

Time: Friday 6:30-8:00 and Saturday 9:00-2:00

Cost: €650

Course Outline

Self-injury is widespread in Ireland with in excess of 60,000 people affected every year across the spectrum of health, social, community and educational services. Yet self-injury remains defined within the generic category of “deliberate self-harm” with no specific best-practice or policy protocols leaving service providers bereft of the training or resources to respond effectively. Thus, interactions around self-injury remain fraught with misunderstanding, fear and confusion, often focusing on short-term crisis intervention and behaviour management which are ineffective and detrimental to the long term physical and emotional well-being of service users. In the UK the 2004 NICE guidelines specifically recommend the use of harm-reduction across primary and secondary health and care settings, and harm-reduction is increasingly recognised as the most effective means to address the immediate and long term issues around self-injury and to empower and support services users to develop autonomy and well-being. This eight-week training course is based on a holistic and harm-reduction approach to self-injury and is the first of its kind to be run in Ireland.

The course is designed as an in-depth programme for people who wish to deepen their understanding of and work with self-injury and it draws on the latest research and developments in the field. The course enables a deep and holistic exploration of self-injury, the individuals involved, and best-practice responses for those who work with people who hurt themselves. It takes a broad, holistic and critical view, enabling participants to understand and apply best-practice responses suited to their particular setting and to work intensively on knowledge, skills, practice and policy development for their field. The course is based on a group learning and participant-centred approach so that participants actively experience the context and processes which are most effective for service-users. Participants will leave the course highly resourced in terms of their own practice and also as leaders and developers of innovative responses in their field.

The course includes modules on:

- Self-injury: definitions, problems, positions
- Embodiment and the functions of self-injury
- An in depth, life-course approach to self-injury
- Active listening and facilitating recovery
- Critical mental health
- Harm-reduction
- Creative interventions
- Policy development

The course incorporates theoretical perspectives, best-practice interventions, individual skills and broader policy development for understanding and responding to self-injury in a social model and harm-reduction context. Participants are provided with handouts, worksheets and relevant resource materials. There are total of 52 teaching hours and two assignments, one class-room based (in two parts) and one written assignment of 1500-2500 words to be completed and assessed as part of the course. Full attendance and completion of assignments is mandatory for certification.

Course Evaluations:

Participant feedback from the eight week course includes

"Excellent as it took the anxiety out of it. One of the most positive learning experiences and one I shall have great affection for long into the future."

"It is in the doing that I learned so much. Thank you so much."

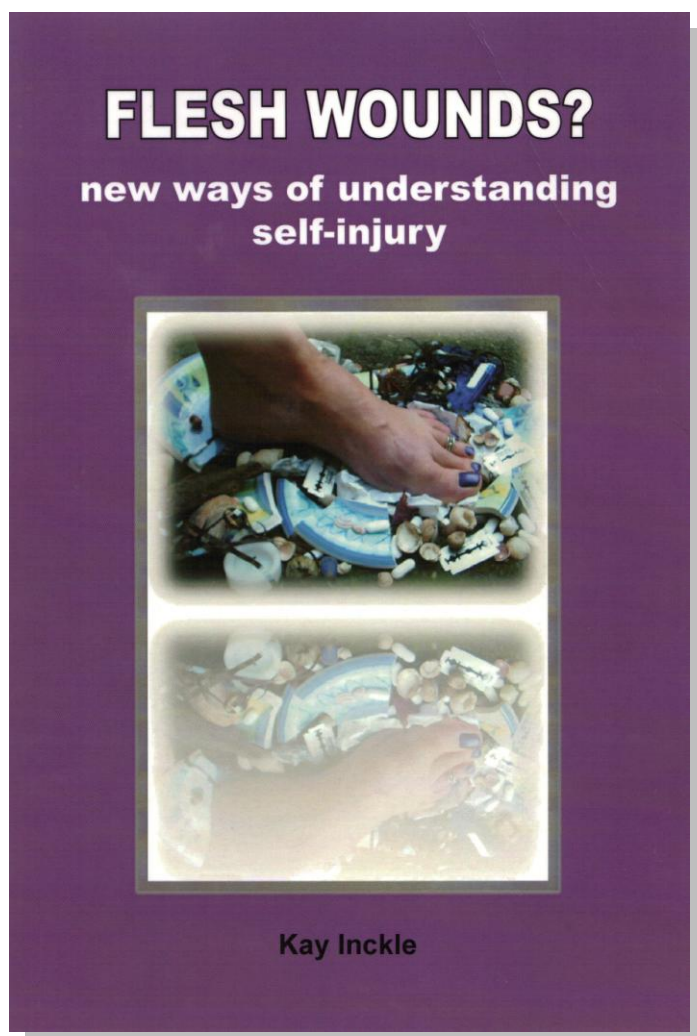
"Excellent - really worthwhile and beneficial."

"Excellent, varied, fun, thought provoking, inclusive. ... One of the best courses I have done for a long time."

"Very professional and organised. Extensive learning, not just appropriate to self-injury but to all issues."

Course Facilitator

Dr Kay Inckle lectures in the School of Social Work and Social Policy in Trinity College Dublin where she specialises in qualitative research methods and ethics and where she has also established a certificate course in understanding and responding to self-injury from a harm-reduction ethos which is the first of its kind in Ireland. Kay is one of Ireland's leading researchers and educators in the field of self-injury and her work spans more than a decade and a wide variety of contexts including: as a social care practitioner with young people and adults with a range of needs, as a PhD and post-doctoral researcher, as a trainer to service providers, as a lecturer, educator, academic and activist. She has convened three self-injury conferences in Trinity College Dublin and has also founded her own research and training company Kreative Interventions (www.kreativeinterventions.com) to further her work in this area. She also has a number of publications from her research including her book *Flesh Wounds? New Ways of Understanding Self-Injury* (2010, PCCS Books) and her recent papers "At the Cutting Edge: Creative and Holistic Responses to Self-Injury", published in the journal *Creative Nursing* 2010, 16(4): 60-65 and, forthcoming in the journal *Social Work in Mental Health*: "The First Cut is the Deepest: Exploring a Harm-Reduction Approach to Self-Injury".



Flesh Wounds? New Ways of Understanding
Self-Injury

By Kay Inckle

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