

# Let's talk about self harm



Caring for a child who self harms can be scary, upsetting and stressful.

Together, we can explore self harm and work towards creating safety and openness. Participants will leave with increased confidence and knowledge.

Some aspects the training will cover:

- » What is self harm?
- » How to recognise the signs
- » Increase understanding of causes, triggers and cycle of harm
- » Creative strategies to explore + respond to self harm
- » Own experiences
- » Safety planning

Suitable for: foster carers, adopters, parents, residential staff, special guardians, teachers, teaching assistants, social workers, therapists and support workers.

Facilitated by an experienced Child Therapist/Clinical Social Worker.



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\*min 10 participants

ASF registered