



Managing Self Harm – Training (one day)

Friday 24th February 2012
9.30am – 4.30pm

Delivered by the Fife Early Response Project

Venue

Playfield Institute
Stratheden Hospital
CUPAR
KY15 5RR

This training is aimed at staff with some experience and knowledge of self harm, who would like to further develop skills to enable people to manage their self harm behaviour.

Topics covered include:

- ❖ Harm minimisation approach
- ❖ Engaging with a person who self harms (helpful and unhelpful responses)
- ❖ Enabling people to develop alternative coping mechanisms
- ❖ What functions self harm may have for people
- ❖ Links between self harm and suicide

If you are interested in attending please contact:
Hazel Crammond, Fife Self Harm Early Response
Project on

hazel.crammond@penumbra.org.uk , Tel: (01383) 747
788 or (01383) 728 467

Early booking is advisable to avoid disappointment
Training is delivered free of charge by Sophie and Kathleen
Lunch is not provided – please bring your own

