

Self-Harm Awareness Training

Facilitated by ZEST

This one-day training session introduces participants to the issues of self-harm and suicide.

Objectives:

- Provide opportunities for participants to examine and discuss their own attitudes and fears around the issues of self-harm and suicide.
- Participants will explore two underpinning theories on personality development and look at these in relation to the family system.
- Engage participants in discussion that will help them identify what action needs to be taken in a critical incident.
- Provide participants with a clear understanding of the specific referral pathways that are available.

Learning outcomes:

- Participants will gain a better understanding of their own attitudes and fears around the issues of self-harm and suicide.
- Participants will gain knowledge of 2 theories of personality development in relation to the family system.
- Participants will be able to identify what action needs to be taken in a critical incident.
- Participants will be aware of specific referral pathways available for them.

For further information on training please contact:

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