

Target Audience

Care and Support staff in a variety of settings and Housing Support Teams who are providing direct care and support.

This course has been developed for learners working with people at risk of self-harming due to an eating disorder. The course is designed to raise awareness of the issues of self-harm and how those in a caring role can understand and react. It will also provide staff with a clear understanding of the dysfunctional cycles that lead to self-harm and the psychological and bio-medical elements that impact on it.

This course is delivered using a range of methods and resources including:

- ◆ Live tutor facilitation, interactive polls, questionnaires and drawing tools, video clip and scenarios for breakout groups, questioning and participation and an end of session assessment.

This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:

- ◆ The Care Act 2014
- ◆ Children (Leaving Care) Act 2000
- ◆ Children Act 2004
- ◆ Making Safeguarding Personal
- ◆ NICE Guidelines – Eating disorders: recognition and treatment

Course Content

- ◆ What is self-harm?
- ◆ What makes a person vulnerable to self-harm?
- ◆ Signs of self-harm
- ◆ The Dysfunctional Cycle
- ◆ Eating disorders
- ◆ Responding with intervention models
- ◆ Empowering the person
- ◆ Recording and reporting

Learning Outcomes

After attending this course, learners will be able to:

- ◆ State what self-harm is describe what may make a person vulnerable to self-harm?
- ◆ List signs of self-harm
- ◆ Give an overview of The Dysfunctional Cycle
- ◆ List 3 eating disorders
- ◆ Give an example of how to respond with intervention models
- ◆ State how you can contribute to empower the person
- ◆ Describe the recording and reporting required

Duration: 3 Hours