Self Harm

Introduction:

Self-harm is a growing problem internationally. It is common, particularly in young adults. Of people who die by suicide, over half have a history of self-harm. Some will have presented to hospital with self-harm in the preceding year. Those who present to hospital after harming themselves are found to have mental health problems, substance misuse and personality disorder. Most people who self-harm face acute life problems and will have long-term difficulties. Self-harm is distressing for both patients and their families and friends, and places large demands on clinical services. Finding effective aftercare for individuals who self-harm is therefore important and CBT is one of the more effective interventions and can results in fewer individuals repeating self-harm.

Content:

The workshop is aimed at helping clinicians develop particular skills to work with individuals who have recently self-harmed and who are likely to be at risk of suicide. Specific psychological factors that increase vulnerability to self-harm will be illustrated and explored. Through experiential and practical exercises, participants will understand how psychological factors may affect patients who self-harm.

Learning objectives:

- To increase knowledge of vulnerability factors that increase the risk of suicide and self-harm
- To gain knowledge of the types of thinking that occur when people are at risk of self-harm and suicide.
- To be able to work with acutely distressed patient who have recently self-harmed using CBT
- To engage patients who have recently self-harmed in brief focused CBT
- To work with patients to reduce their vulnerability to future self-harm

Training modalities:

The workshop will be interactive and include both experiential and didactic teaching and videos.
Professor Kate Davidson
University of Glasgow

Friday, 13th November 2020
Venue: University of Reading

Key references:


About the presenter:

Kate Davidson is Honorary Professor of Clinical Psychology at the University of Glasgow. Kate’s current role is as a Member of the National Confidential Forum in Scotland, set up to listen and acknowledge people’s childhood experiences of institutional care in Scotland. She worked as a Clinical Psychologist in adult mental health in the NHS in Scotland for over 35 years. She was founder and Director of the South of Scotland CBT Course. She is a past President of the British and Irish Group for the Study of Personality Disorder and Board member of the International Society for the Study of Personality and Editor of the journal Personality and Mental Health until 2015. She is a Fellow of the British Psychological Society and Honorary Fellow of the British Association for Behavioural & Cognitive Psychotherapies (BABCP). She has made professional contributions to improving clinical services and standards within the NHS and internationally. She edited “The Matrix”, a guide for delivering evidence based psychological therapies in Scotland. Her clinical and research work has focused on developing effective therapies for people who harm themselves or who harm others, many of whom had experienced deprivation, and emotional and physical abuse, in childhood and adolescence.

For further information contact the Charlie Waller Institute:
cwi@reading.ac.uk
Tel: 0118 378 7537

Cost of 1-day workshop:
£130 including lunch

All workshops, unless otherwise indicated are intended for a cross/mixed ability audience, and are held local to Reading