

# Self-harm in people with learning disabilities and autistic spectrum condition

## Course Description:

Self-harm is a challenging and emotive subject for all concerned. Staff can often feel unsure about how to respond helpfully to this complex issue. Guidelines and reports from, for example, the Royal College of Psychiatrists (2010), Royal College of Nursing (RCN 2009) recommend that all staff working with clients who self-harm access training in this area.

This course is designed for all health and social care staff working alongside clients who have an autistic spectrum condition and/or a learning disability who self-harm. This course will increase awareness, alongside the skills and knowledge in your staff team.

Training packages can be tailored to meet the specific needs and concerns of your service.

## Duration:

The session is delivered over one day. Training times are normally 9.30-16.30.

## Course content:

Various areas are covered including:-

Codes of Practice; Definitions; Prevalence; Risk management; Current guidelines; The functions of self-harm; Interventions and Strategies; Supporting individuals who self-harm; Effects on staff and clients

## Certification:

Delegates will receive a certificate of attendance on completing the course.

## Numbers:

A maximum of 16 delegates can be accommodated on this course.

## Location:

We are able to deliver this course at your own site which will assist in reducing costs. Alternatively we can deliver at our own Training Academy. It is also possible for individuals to join our own staff training sessions. Please contact [sdunn@brookdalecare.co.uk](mailto:sdunn@brookdalecare.co.uk) to discuss your requirements