

NSPCC *Cymru/Wales*

Self Harm – Keeping Safe

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Exercise 1

Maslow's Hierarchy of Needs

15 mins

- In small groups, build a wall with post-it notes that represents what needs are on Maslow's triangle – approx 5 for each level
- For example: Physical Needs would be food, water, warmth, etc
- Now take away the need that is not present in the life of the young person in your case study.
- What needs are left what's the impact?

Exercise 2

5 mins

- Whole Group – Word Storm
- What are the Definitions of Self Harm

Definitions of Self Harm

Nice Guidance Definitions

- Cutting
- Burning
- Scalding
- Banging or Scratching the body
- Breaking Bones
- Hair Pulling
- Picking
- Ingesting toxic substances or objects

Research tells us...

- 1 in 5 children and young people between the ages 11 – 19 self harm (David Kinsley 2008)
- It is more prevalent in girls than boys
- Often parents/carers are unaware that it is happening
- It is one indicator of a child's or young person's mental health and well being.

Exercise 3

Reasons for Self Harming Behaviour

5 mins

- Whole Group – word storm
- What are the reasons for self harming behaviours?

Reasons for Self Harming Behaviours

- Not getting on with parents
- Being bullied
- Stress about academic performance
- Parental separation or divorce
- Bereavement or loss
- Difficulties with sexuality
- Experience of abuse
- Feelings of being rejected

No Elephants in this room..

- Suicide Question and Confidentiality
- Assessment
- Method of self harm
- When, Where and How
- First aid – looking after cuts and scars
- Support Systems

Island Exercise

- This exercise looks at attachment and how young people may view significant others or people who have influenced them in some way.

Stone Genogram and Safe People

This tells us..

- What support system is in place?
- Who is the closest?
- Who is the least closest?
- Where do “I” fit in?

Flash-points and Triggers

- External or internal trigger
- What was “the voice” saying?
- Rituals of self harm
- Hormonal High – adrenalin rush

Contracting

- Collaboration – choice
- Realistic
- First Aid
- Long term scars

Case Study Exercise

Part 1

- In small groups, study the example and formulate an initial work plan

Part 2

Your relationship has moved on, you have background information can you-

- Identify the triggers that lead to self harm
- Identify and scale feelings and mood

Part 3

- You are ready to contract
You are working on feelings and negative thoughts, you need to look at frequency and begin to work towards reduction
- In your groups please draft a contract that you might use with a young person.

Thank You

For further information please contact

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