



IntraQuest
Bringing a therapeutic approach to front line services **Training**

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Managing Self-harm & Addictive Behaviour

A practical two day course for those working with self-destructive, high risk behaviour

IntraQuest Training Ltd.

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Aims

Teaching is founded upon evidence based practice and theoretical understanding, however this is married together with practical examples of service provision and service user experiences, giving the learning outcomes depth and realism. From within this unique environment participants will explore the various functions of self-harm and substance use for individuals, explore core emotional/developmental deficits for those that self-harm; namely difficulties with self-soothing, emotional literacy and problem solving, explore how addictive behaviours are developed and maintained and how to generate appropriate alternative coping strategies that assist with change. Participants will also explore the harm reduction approach to self-destructive behaviours alongside identifying and managing high risk clients in collaboration with other agencies.

Outcomes

Participants will leave this training having achieved the following:

- Demonstrate a thorough understanding of addiction, self-harm and the various functions of both.
- Demonstrate awareness of some of the key emotional and developmental difficulties faced by those that self-harm and abuse substances.
- Practise exploring the links between self-destructive behaviours, difficult past experiences and current triggers, in order to help clients formulate self-care plans.
- Demonstrate ability to use a range of tailored tools and techniques to support individuals struggling with self-harm and/or addiction and encourage alternative coping strategies.
- Practise techniques designed to encourage development of self-soothing, emotional literacy and problem solving.
- Demonstrate awareness around recognising and managing risk factors and ability to implement appropriate risk management plans, factoring in multi-agency support where needed.

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Cost of course

Based on a maximum of 15 participants attending

One course: £1,500 per day (£3,000 two day course)

Five courses or more: £1,200 per day (£2,400 two day course)

Participants will receive certificates of attendance, workbook containing summary learning points and personal reflections, and all relevant hand-outs and learning materials.

* This course is offered on an in-house basis and all required refreshments for participants should be provided by the commissioning organisation.