

Cutting in, Cutting through – Working with Clients who Self Harm

Earn 15 CPD Points
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THEMES

- **The language we use**
- **The multiple reasons for self harm**
- **Understanding the interplay between the body's stress system and self harm**
- **Understanding the tensions in the interpersonal dynamics between self and other**
- **Reacting and responding to individuals who self harm – there is a difference**
- **Understanding the roles of self harm**

OBJECTIVES

The experience of self harm can create a number of tensions in the individual and in those with whom they have contact. “Cutting in” to the skin is one of many actions of self harm which may be used by individuals. We will explore the myths and realities of self harm thoughts and behaviours

In this workshop participants will be given the opportunity to practice a number of interactive techniques that can be used to “cut through” to engage with individuals who self harm.

Action methods will be used throughout this process oriented workshop to demonstrate the way in which action does speak louder than words. The workshop will also cover themes such as affect dysregulation, understanding the power of the limbic system and self harm and dissociation

Who should attend: health professionals, AO staff, teachers, government workers & NGO staff

Facilitator: Dr Wendy H McIntosh PhD (RGN, Grad. Dip. MH., MN, Group Leadership Cert, Cert IV Workplace Assessment & Training). Dr McIntosh has delivered workshops on boundaries at state, national and international conferences and has two papers published on the theme. With an extensive history of working in mental health (clinical, research & education), Wendy conducts regular individual and group supervision and is past President of the Australian, Aotearoa New Zealand Psychodrama Association, Qld Region.



Davaar Consultancy Training and Development Pty. Ltd

Professional Boundaries: Your Safety, Our Business

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About this workshop

This workshop provides an opportunity for participants to explore myths and realities about self harm thoughts and behaviours. The facilitator will invite participants to discuss historical and contemporary understanding about the reasons behind acts of self harm. The workshop will cover themes such as affect dysregulation, understanding the power of the limbic system, attachment & self harm and dissociation.

Reynolds (1996) recognised that the act of dissociation as a child was a creative and spontaneous way of dealing with overwhelming trauma however as an adult dissociation is “an old hackneyed response to a new situation”.

The workshop will challenge and encourage you to develop new responses to new situations with clients, and thus be in a better position to assist the client to also find new responses to new situations (which may trigger old experiences).

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The comments below capture some of the positive experiences that participants had attending this workshop:

“some new ways to explain neurological responses to trauma – good diagram”

“I will take with me new ideas and insights and ways of working with individuals and groups”

“very good on interpersonal relations”

“a wealth of info which was good also a sense of relief that as a worker you are not responsible for a persons change”

“more than I had expected. My knowledge was more limited than I was aware”

“I leave feeling more knowledgeable and confident about exploring self harm”