

SELF-HARM: ASSESSMENT & TREATMENT

Helping Clients Reduce Their Need To Use Self-Harm

Clients who cut or carve wounds on their skin or engage in self-burning and/or other methods of self-injury can be challenging to work with as their behaviour is shocking, repetitive, and destructive. This fast-paced presentation will focus on counselling strategies to reduce dependency on self-injury. To put these harmful behaviours in context, a brief overview of some of the causes of self-injury will be presented, including seeing self-injury as a coping mechanism and a form of communication to express oneself because words have often not worked for the individual to feel heard and understood. Thereafter, most of the presentation will be focused on how to help those who harm themselves by addressing the assessment and treatment of self-injury using an emotional regulation framework drawing heavily from trauma treatment theory, such as building tolerance for affect and regulating arousal states. A sampling of techniques will include the use of creative expressive activities, metaphors, replacement skills training (e.g., use a red felt pen to symbolically represent blood), cognitive-behavioral strategies (e.g., challenging a core belief), emotional regulation strategies, and body image work. Included in this discussion will be the importance of the worker's reaction to disclosures of self-injury and a presentation of the *Bill of Rights For Those Who Self-Harm*. An extensive handout package will be available.



PRESENTER: Dr. Dawn McBride is a Registered Psychologist (clinical), supervisor of provisional psychologists, and associate professor at the University of Lethbridge (counsellor education). Her teaching, counselling, and research focus on the assessment and treatment of family violence, trauma, disordered eating, group therapy, ethics, multicultural issues, play therapy, EMDR, somatic experiencing, and supervision. She has won numerous teaching awards, has an active research agenda, and presents at international conferences. She maintains a small private practice (DPS) in Lethbridge specializing in relational psychodynamic therapy for teens/adults. dawn.m22@gmail.com

- **DATE:** November 15, 2017 (Wednesday) **TIME:** 8:30am – 4:00pm
- **LOCATION:** Lethbridge, Alberta: 355 Columbia Blvd. West (lower level of St. Martha's Church). Directions will be provided via email before the workshop date.
- **FEE:** \$125.00 (includes GST, an extensive handout, all day coffee/tea, & snacks)
- **EARLY BIRD RATE, monies rec'd by Oct 23, 2017:** \$115.00 (includes all of the above)
- **TO REGISTER:** (1) Mail your cheque (payable to DPS) with your full name & email address to DPS, Box 330, Nobleford, Alberta T0L 1S0, or (2) e-transfer, name, email, & phone number, with an easy to answer password: DPSpayments@yahoo.com
- **MISC: Receipts:** Available at the workshop. **Refunds:** Cancellations must be made by email and received no later than Oct. 31, 2017; full refund minus administration cost (\$5).
- **BONUS:** A Registered Massage Therapist will be on site to offer chair massages for \$1 a minute (up to 15 mins.) during the noon break and, if needed, during the afternoon.

Questions or Comments: Please contact DPS Business Manager: Jarvis Larson

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