

# KEEPING SAFE: REDUCING SELF-HARM

BRIEF CPD WORKSHOP  
FOR COUNSELLORS, PSYCHOLOGISTS & MENTAL HEALTH  
PRACTITIONERS



Third Wave Psychologist is pleased to host a series of brief Continuing Professional Development (CPD) workshops dedicated to supporting mental health practitioners to develop practical, evidence-based skills & techniques to enhance their clinical practice. These short, accessible workshops focus on experiential tools & techniques that clinicians can utilise in their everyday practice, up-skilling clinicians in strategies to address issues & difficulties that commonly present alongside mental health conditions, for example sleep disturbance, 'stuckness', emotional dysregulation, physical health conditions, self harm & suicidal ideation.

## BOOKING FEE

£45.00

(20% discount if booked 2 weeks  
prior - Use Code - EARLYBIRD20)



To register your  
place please visit:  
[self\\_harm\\_eventbrite.co.uk](https://self_harm_eventbrite.co.uk)

0117 456 24 79

[info@thirdwavepsychologist.co.uk](mailto:info@thirdwavepsychologist.co.uk)  
[www.thirdwavepsychologist.co.uk](http://www.thirdwavepsychologist.co.uk)

## REDUCING SELF HARM

Self-harm commonly presents as a common element of many mental health presentations. Many clients can feel overwhelmed by their emotions & utilise self-harm to feel more in control or as a tool for emotional regulation.

This workshop focuses on supporting clients to identify triggers for self-harm & to explore alternative behaviours, including self-soothing & distress tolerance skills. There is also a focus on risk management & clinician self-care.

Topics covered include:

- Understanding self-harm
- Exploring triggers & maintenance factors
- Developing self-soothing & distress tolerance skills
- Risk management
- Clinician self-care