

## Our experience

**Bristol Crisis Service for Women** is a national organisation with a focus on self-injury. We offer telephone counselling, support for self-help groups, information, training and consultancy. We have carried out extensive research with women who self-injure.

Through our work we have developed a deep understanding of the reasons individuals harm themselves and of the things they need to help them overcome their self-injury.

We have wide experience of the concerns and needs of workers in different settings and disciplines, and in developing good working practice.

## To find out more

If you would like more information about our training, or to discuss your training needs, please contact:

**BCSW,**  
**PO Box 654**  
**Bristol BS99 1XH**  
**0117 927 9600**  
**e-mail: [bcsw@btconnect.com](mailto:bcsw@btconnect.com)**

## Bristol Crisis Service for Women

Our aims are:

- to offer support to women in emotional distress, particularly to women who self-injure; and
- to develop services and raise awareness of self-injury through training and the provision of information.

We have a range of publications, including a series of booklets about self-injury.

Please contact us for more information about our work, training or publications.

### BCSW 2008



## Training

- **working with people who self-injure**
- **workshops, talks and seminars**

---

### Helpline for Women

**0117 925 1119**

**Friday and Saturday evenings**

**9.00 pm – 12.30 am**

**Sundays 6.00 pm – 9.00 pm**

**Call from anywhere in the UK**

### Bristol Crisis Service for Women

**PO Box 654 Bristol BS99 1XH**

**[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)**

**[bcsw@btconnect.com](mailto:bcsw@btconnect.com)**

**Office/Admin: 0117 927 9600**

**Registered charity 1092299**

**Bristol Crisis Service for Women** offers a range of training workshops, talks and seminars for professionals and others interested in the issue of self-injury.

## Who is the training for?

Training seminars and workshops are designed to meet the needs of those working in different settings, such as:

- ◆ social workers
- ◆ medical staff
- ◆ community mental health teams
- ◆ residential workers
- ◆ counsellors
- ◆ youth workers
- ◆ prison staff
- ◆ helpline workers

## Broad interest groups

of users, professionals, volunteers, or supporters are offered introductory talks or exploratory workshops.

## Special interest groups

(for example, those working with survivors of sexual abuse) can be provided with training tailored to their particular needs.

## What does training cover?

Training includes such topics as:

- What is self-injury?
- Why do people injure themselves?
- What are the best ways to help someone who self-injures?
- What issues does self-injury raise for me?

## Introductory talks and workshops

focus mainly on understanding self-injury.

## Specialised professional training

looks in depth at ways of working with someone who self-injures, and at the particular concerns which self-injury may raise in different work contexts. We also explore how workers may feel about their work and what support they themselves may need.

Groups may have other particular needs and interests which can be discussed with us and incorporated into workshops.

## How is training carried out?

■ **Training workshops** are participatory and course members are encouraged to discuss issues in groups, often using relevant case studies and exercises. If appropriate, workshops can be experiential, with participants using role-play and other exercises to practise skills and aid self-development.

■ **Talks and seminars** of varying lengths can be provided for any group size. We offer short lectures or longer presentations, followed by opportunities for discussion.

## What about the cost?

Fees for training vary according to the nature of the session. Training workshops for statutory groups are offered at standard training rates. This enables us to offer lower cost training to smaller or unfunded groups. We have a commitment to providing education about self-injury as widely as possible and are happy to negotiate manageable fees.