



## **Zest For Life Training Programmes** **Training For Therapists by Therapists**

**Presented by Professional Trainers**

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# **Managing Self Injury**

### **PROGRAMME INCLUDES**

Definition of Self Injury, Direct / indirect Self Harm behaviours, Assessing Risk, Separating Self Injury from suicide, Coping Strategies, Dos and don'ts for the therapist, Using a self Injury log, Help Clients formulate their Action plan. Links Between Trauma and Self Harm.

**Saturday 18th September 2010 9.30am to 4pm**

**Venue; Belmont Hotel, Banbridge, Co Down**

**Fees:**

**Fully Qualified Counsellors £60 ; Student Counsellors £40**

**PLACES ARE LIMITED SO PLEASE BOOK EARLY**

**For More Information,  
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