

CHNA 1 Berkshire Youth Suicide Prevention Project and Berkshire AHEC

Present

New Developments in Understanding and Treating Non-suicidal Self-Injury

Monday, June 14, 2010

9:15 am- 4:45 pm

Registration and continental breakfast 8:45-9:15am

Berkshire Hills Country Club, 500 Benedict Road, Pittsfield

Continental breakfast and lunch provided

Program Description: One of the most challenging problems for clinicians and other professionals is dealing effectively with non-suicidal self-injury. Of special concern is that self-injury has recently moved from clinical populations such as those served in hospitals and group homes to the general population including middle, high school and college students. This presentation will focus on understanding, managing and treating diverse forms of self-injury including arm and body cutting, self-inflicted burning, excoriation of wounds, and other more serious examples. Self-injury will be distinguished from suicidal behavior in terms of a number of key characteristics. Eight levels of care in the management and treatment of self-injury will be reviewed, including:

- **The informal response** with emphasis on the strategic use of language and demeanor in responding initially to self-injury
- **Crisis intervention** with specific suggestions as to when self-injury may merit a hospital level of care
- **Replacement skills training** with an emphasis on self-soothing skills such as mindful breathing and visualization
- **Cognitive-behavioral treatment** targeting the automatic thoughts and core beliefs that support self-injury
- **Exposure treatment** for those who have been abused and suffer from body alienation

Very practical suggestions in dealing with self-injury will be provided including a protocol for responding in school or other group settings. The topic of self-injury contagion will also be addressed with guidelines for preventing and managing this problem.

Objectives

- Differentiate self-injury from suicide
- Identify eight levels of care in managing and treating self-injury
- Recognize the protocol for responding to self-injury in school or other group settings
- Summarize replacement skills that help individuals give up self-injury

The Presenter

Barent Walsh, Ph.D. has written extensively and presented internationally on the topic of self-destructive behavior. He is the author of the book, *Treating Self-Injury: A Practical Guide* published by Guilford Press (2006) and co-author of the book, *Self-Mutilation: Theory, Research and Treatment* (Guilford Press, 1988). Both of these volumes have been translated into Japanese. Dr. Walsh recently completed a Self-Injury Prevention DVD and program for High Schools in collaboration with Screening for Mental Health of Wellesley, MA.

Dr. Walsh is the Executive Director of The Bridge of Central Massachusetts in Worcester, MA. He oversees 40 programs including special education services and residential treatment for children, adolescents, and adults with mental illness, developmental disabilities, and/or complex family problems. The Bridge also provides services for homeless individuals and operates two drop in centers for gay, lesbian, bisexual, and transgender youth. The Bridge specializes in implementing evidence-based practice models in public sector settings. Dr. Walsh can be reached at barryw@thebridgecm.org

Contact Hours: 6 nurses, SW, LMHC, CAC, CADC, LADC, LMFT, NCAC I, NCAC II, MAC Psychologist

Application has been made to the Collaborative of NASW and the Boston College and Simmons College School of Social Work for approval of Category I Continuing Education hours in accordance with section 258 CMR.

Application has been made to Family Development Associates for certification of contact hours for licensed marriage and family therapists.

Application has been made to the MA Board of Substance Abuse Counselors Certification for approval of continuing education credits / contact hours.

Berkshire AHEC is approved by the NBCC to provide continuing education credits for licensed mental health counselors.

Berkshire AHEC provides APA continuing education credits through an agreement with ServiceNet, Inc., who is approved by the American Psychologist Association to sponsor continuing education for psychologists. ServiceNet maintains responsibility for this program and its content.

Berkshire AHEC is an approved provider of continuing nursing education by the Massachusetts Association of Registered Nurses, Inc., an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Berkshire AHEC, provider #762, is an approved education provider of the National Association of Alcoholism and Drug Abuse Counselors (NAADAC).

Attendees earn 6 continuing education credits for this course.

Registration: This course is being offered **free** for up to 100 registrants. Interested individuals **MUST register** electronically at www.berkshireahec.org. No registration at the door.