





#### **NSPA 2019**

Reducing self-harm in young people

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These slides formed the basis of a very interactive session at NSPA 2019 which was a 45 min slot using the Card Sort Task for Self-Harm (CaTS) (Townsend et al., 2016; Wadman et al, 2017) to foster discussions about supporting people who self-harm. Could be for any age group – in this session we focused on young people.

We are very happy for people to use these in workshops/training if they:

- 1. Let us know they are using them (email <u>ellen.townsend@nottingham.ac.uk)</u> and
- 2. Use the (anonymous) evaluation sheets at the start and end of the session, and post these to us at

Prof Ellen Townsend School of Psychology University of Nottingham University Park Nottingham, NG72RD.

Thank-you! We hope this resource is helpful. Happy to talk things through. (Drop Ellen a line at the email address above.)



Self-Harm Research Group	SURG	
@selfharmnotts		
Workshop name and date:		
BEFORE workshop reflection		
I think self-harm is		
What I want to find learn/find out about today is		
The top 10 things that might help someone w	/ho self-harms are	



Self-Harm Research Group @selfharmnotts		SHRS
AFTER workshop reflection		
I think self-harm is		
One thing I will take away from today is		
The top 10 things that might help someo	one who self-harms are	



Please post completed evaluations to:

Professor Ellen Townsend School of Psychology University of Nottingham University Park Nottingham NG72RD

Thanks!



LANGUAGE MATTERS



# •Died by suicide

#### Sensitive/accurate

#### •Person who ...



Emma Nielsen – Mind your 'C's and 'S's: The Language of Self-harm and Suicide (and why it matters): IMH Blog





Self-harm is ...



## Any act of intentional selfpoisoning or self-injury, regardless of suicidal intent (NICE, 2011)





## What are the top 10 things you think would help someone struggling with selfharm?





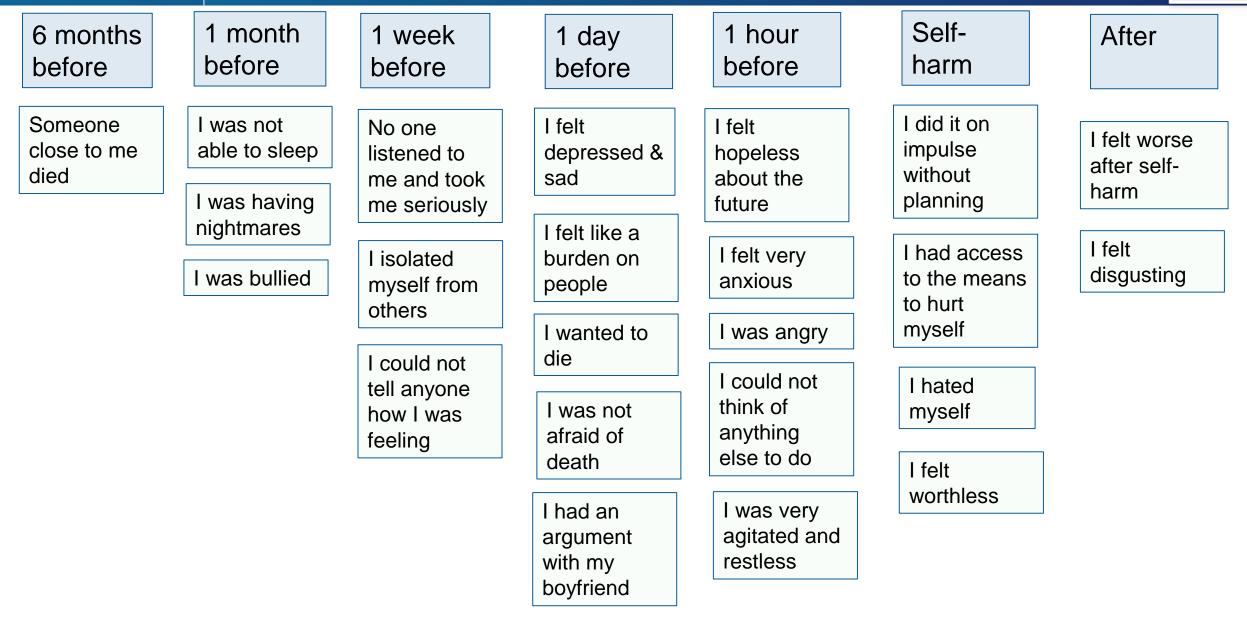
### You complete the following CaTS with a young person who has recently self-harmed. How would you approach working with them based on this?

#### CaTS: Most recent episode by young person X

**University of** 

Nottingham









## What are the top 10 things you think would help someone struggling with selfharm?

Townsend E, Wadman R, Sayal K, Armstrong M, Harroe C, Majumder, Vostanis, Clarke. (2016). Uncovering key patterns in self-harm in adolescents: Sequence analysis using the Card Sort Task for Self-harm (CaTS), *Journal of Affective Disorders*, 206, 161-168. Open access here <a href="https://www.sciencedirect.com/science/article/pii/S0165032716303585">https://www.sciencedirect.com/science/article/pii/S0165032716303585</a>

Wadman R, Clarke D, Sayal K, Armstron M, Harroe C, Majumder P, Vostanis P, Townsend E. (2017). A sequence analysis of patterns in self-harm in young people with and without experience of being looked-after in care. *British Journal of Clinical Psychology* <u>https://onlinelibrary.wiley.com/doi/abs/10.1111/bjc.12145</u>

See more work from the SHRG here

University of Nottingham

CHINA MALAYSIA

<u>https://sites.google.com/view/self-harm-research-group/home?authuser=0</u>