



**University of
Nottingham**

UK | CHINA | MALAYSIA



NSPA 2019

**Reducing self-harm in
young people**

Ellen Townsend & Keith Waters

**Ellen.Townsend@nottingham.ac.uk
@selfharmnotts**



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 ellen.townsend@nottingham.ac.uk) 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.)




Evaluation sheet 1: pre-session

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



Evaluation sheet 2: post-session



<p>Self-Harm Research Group</p> <p>@<u>selfharmnotts</u></p>	
<p>AFTER workshop reflection</p>	
<p>I think self-harm is</p>	
<p>One thing I will take away from today is</p>	
<p>The top 10 things that might help someone who self-harms are ...</p>	



Please post completed evaluations to:

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

Thanks!



Sensitive/accurate

• Died by suicide



Non-stigmatizing

• Person who ...



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



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



What are the top 10 things
you think would help
someone struggling with self-
harm?



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



6 months before

Someone close to me died

1 month before

I was not able to sleep

I was having nightmares

I was bullied

1 week before

No one listened to me and took me seriously

I isolated myself from others

I could not tell anyone how I was feeling

1 day before

I felt depressed & sad

I felt like a burden on people

I wanted to die

I was not afraid of death

I had an argument with my boyfriend

1 hour before

I felt hopeless about the future

I felt very anxious

I was angry

I could not think of anything else to do

I was very agitated and restless

Self-harm

I did it on impulse without planning

I had access to the means to hurt myself

I hated myself

I felt worthless

After

I felt worse after self-harm

I felt disgusting



What are the top 10 things
you think would help
someone struggling with self-
harm?



References to studies that have used the CaTS

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

<https://www.sciencedirect.com/science/article/pii/S0165032716303585>

Wadman R, Clarke D, Sayal K, Armstrong 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* <https://onlinelibrary.wiley.com/doi/abs/10.1111/bjc.12145>

See more work from the SHRG here

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