

## Impact of Alcohol on Self-harm– Crisis Intervention

*Facilitated by Zest*

### Programme Outline

#### Module 1 – Self-harm:

1. Definitions and understanding of self-harm terminology
2. Most recent statistical information on self-harm in N, Ireland
3. Understanding self-harm: Key Life Themes
4. Understanding self-harm: Functions and Meanings
5. ‘The Person Behind the Behaviour’: a developmental psychology overview of personality.

#### Module 2 – Alcohol

1. Definitions and understanding of alcohol use/misuse/abuse and dependency
2. Most recent Statistical evidence of presence of alcohol in self-harm and suicide episodes
3. Understanding Alcohol: pharmacology, physical and psychological effects

#### Module 3 – Working with Self-harm and Alcohol

1. Effect of alcohol abuse on self-harm and suicidal behaviour
2. Working with the two issues simultaneously: identifying needs
3. Crisis Intervention Skills: overview
4. Skills practice
5. Referral Pathways

#### For further information on training please contact:

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*Places are limited to 4 per organisation for this training. Age restrictions apply. Full attendance is essential.  
These sessions are open to staff & volunteers of community & voluntary sector organisations operating within  
the Western Trust Area.*