



Equipping lives 4 Good



THE CPD STANDARDS OFFICE  
CPD PROVIDER: 21720  
2023-2025  
[www.cpdstandards.com](http://www.cpdstandards.com)

# Why do you hurt yourself?

This is a one day workshop for parents with children who display self-harming behaviours. This workshop will provide the opportunity to:

**Explore your own emotional responses to your child's self-harming behaviours**

**Look at different approaches of support**

**Incorporate self-care and mindfulness techniques.**

This is a one-day workshop (5 hours) offered to small groups of parents.

In order to run this course, we need a minimum of 6 participants. This can be individuals or run through a school, or other provision.

These are currently funded by BCF

If you would like to book a space, or find out more please [click here](#)

Following this workshop, participants can also join a 6 week facilitated therapeutic support group for parents with children who display self-harming behaviours. More details will be available on the training or [contact us direct](#)