

## "It hurts": (Mis)understanding self-harm

Self-harm refers to intentional self-injury carried out by a person irrespective of their motives or suicidal intent. Although self-harm can occur in all age groups, adolescence is the typical period of onset, and approximately one in ten Australian young people have self-harmed at some point in their lives. Although self-harm is linked to a heightened risk of suicide, not all (young) people who self-harm intend to die.

Self-harm may occur in response to intense emotions and/or psychological distress and can be a form of coping with distress. Self-harm can also have a substantial negative impact on the well-being and functioning of parents and other carers. Parents of young people who self-harm often feel guilt and shame, and are afraid of exacerbating self-harming behaviour.

This seminar will look at similarities and differences between self-harm as a coping mechanism and suicidal behaviour, and how this knowledge and related insights can support our work as Gestalt psychotherapists.

### **Methodology**

The seminar will include some theory or psychoeducation, an opportunity to share experience and dilemmas around working with clients who self-harm, and their families, and an overview of Gestalt writings on this topic.

### **Who should attend?**

Anyone interested in developing a better understanding of self-harm

### **Book and Pay**

Call our office on 03 9489 6300 to register and pay for the workshop. A decision, regarding delivery being in person or via zoom will be dependent on numbers and made closer to the date.

### **Cancellation Policy**

Upon enrolment you agree to the cost of this course. All course fees are to be paid prior to the course commencement date.

If you cancel your place up to two weeks prior to the commencement of the course a 100% refund of the fees paid will be given less a \$50 admin fee. If a cancellation is received after two weeks of the commencement date and your place within the course can be replaced, your fees will be refunded less a \$50 admin fee. If your place cannot be filled then your course fee will be forfeited.

### **General Information**

Times/ 9.30-12.30

Dates/ Tuesday 23<sup>rd</sup> March

Cost/ \$120/ Free of charge for all current ConnectGround interns

## **Presenter**



Karolina Kryszynska, PhD, is a Gestalt psychotherapist in private practice at Lygon Therapy and a volunteer at the ConnectGround Clinic. She completed her Gestalt training at The Relational Institute in Sydney. Karolina is also an experienced research psychologist, and her main interest for the last 25 years has been suicide research and prevention, and postvention. She is a Research Fellow at the Centre for Mental Health, the Melbourne School of Population and Global Health at the Melbourne University.