

Changing Our Direction

A guide for families...

Families Learning About Self Harm

With the goal of reducing family stress levels, our 10 week 'FLASH' programme supports parents and caregivers of children and young people with self-harming behaviours.



What is the 'FLASH' programme?

- ◇ Developed by experienced psychiatric nurses.
- ◇ Based on therapies and theories including CBT, social learning theory and solution focussed therapy.
- ◇ Delivered in a therapeutic group context.
- ◇ Focussed on improving family life.
- ◇ A positive approach to managing behaviour and potential conflict.
- ◇ Practitioner training provided by 'The Ministry of Parenting'.

You will meet other families dealing with similar situations while learning about teen development and self-harm, developing techniques to boost your child's self esteem, gaining the confidence to establish safe boundaries and developing coping mechanisms for the difficult times.



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