

Self-Harm in Children and Teens

Live Virtual Course

July 11th and 13th
1 pm – 4:00 pm EDT

5.5 Psychologist and Social Work CE Credits
Available for a \$35 fee at time of registration

Presented by:



Register: www.ihs-trainet.com/training

Self-Harm in Children and Teens

6 hr virtual session
July 11th and July 13th from
1 pm – 4:00 pm EDT

This 6-hour online course is written for social workers, psychologists and other clinicians who are assessing the needs of children with significant safety concerns in the areas of self-harm to include SIB (self-injurious behavior), eating disorders (anorexia and bulimia), and suicidal ideation. A section will review SIB as seen in individuals with autism and other developmental disabilities.

We will review the characteristics, and behavioral indicators of these behaviors along with their accompanying predictors and diagnosis. Current research on best practice for treating these behaviors will be reviewed. The research-based concept of Self-Compassion will be introduced as it can be helpful when engaging with those who self-harm. Self-Compassion precepts can be taught to clients and used as self-care for professionals and parents while supporting children and teens who are struggling.

This will be an interactive online session split into two 3-hr segments. There will be opportunity for question and answer as well as feedback carried over from one segment to the next.

Participants will be able to:

1. Define non-suicidal self-injury.
2. Describe effective treatment strategies for eating disorders.
3. Describe risk factors in suicidal ideation and behaviors.
4. Identify different presentation of, and concerns with, self-injurious behavior as seen in individuals with autism spectrum disorders and other developmental disabilities.
5. Describe the core ideas in self-compassion.

This training is approved for 3 Psychologist and Social Work CE credits.

Note: This course is offered in Zoom. A few days prior to the session you will receive connectivity instructions via email. **You must attend the whole session, remain on camera, complete an evaluation and pay the fee to receive CE credit for this course.**

Questions? Email training@ihs-trainet.com or contact our office at 614-251-6000 Monday through Friday between 9 a.m. and 5 p.m. EST. If you need additional accessibility supports, please contact us in advance of the training to make necessary arrangements. [View our Grievance and Refund Policy.](#)



Continuing Education Credits



The Institute for Human Services is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Institute for Human Services maintains responsibility for this program and its contents.



Institute for Human Services, provider #1802, is approved as an ACE provider to

offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 03/25/2023 – 03/25/2026.

About the Trainer:



Laura Gaines, MSW, LISW-S. Laura is a trainer and researcher with a current focus on resilience as an individual and community skill. She has been an Ohio Child Welfare Training Program trainer and curriculum developer for over 20 years. Laura has served as a volunteer on the Crisis Text Line since April 2020.

Her career experiences include being a child and adolescent therapist for over 20 years, and 15 years working with children and adults who have developmental disabilities, thus providing thousands of opportunities to work with clients and their families in moments of crisis. Laura has specialized training in Trauma Informed Care and presented at the 2021 Ohio Children's Alliance conference: Eighth Annual Trauma Informed Care Summit. Her trainings focus on child development, mental health, developmental disabilities, ethics, trauma informed care, resilience, and each person's individual solutions to their life's challenges.