

Self-Harm in Children and Teens

FREE Live Virtual Course

CE Credits Available for a \$35 fee*

July 19 and 21, 2022 from 1-4pm EDT
5.5 CE credits (Breaks not included)

*To earn CE credits, participants must attend both sessions in entirety, complete an evaluation, and pay the CE fees at time of registration

Presented by:

 Institute for
Human Services

Register: www.ihs-trainet.com/training

Self-Harm in Children and Teens 6 hrs (Two 3-hr virtual sessions) July 19 and 21, 2022 from 1pm-4pm EDT

This 6-hour intermediate-level online course is written for social workers, psychologists, educators 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 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 several 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.
6. Receive a list of resources for themselves and clients in regard to all topics covered in training.

Continuing Education

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 content.

The Institute for Human Services, #1802, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program.



Continuing Education (cont.)

Organizations, not individual courses, are approved as ACE providers. States and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Institute for Human Services maintains responsibility for this course. ACE provider approval period: 03/25/2022-03/25/2023.

This training is approved for 5.5 APA and ASWB CE credits.

Note: This course is offered in multiples segments via Zoom. A few days prior to the session you will receive connectivity instructions via email. **To earn CE credits, participants must attend both sessions in entirety, complete an evaluation, and pay the \$35 CE fee at time of registration.**

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. EDT. If you need additional accessibility supports, please contact us in advance of the training to make necessary arrangements. [View our Grievance and Refund Policy.](#)

Trainer Bio



Laura Gaines, MSW, LISW-S is a clinical social worker with over 28 years' experience. She received her Master of Social Work (MSW) degree from The Ohio State University and is a licensed independent social worker. 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 also 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. 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.