

Self Injury

Opportunities to Further Understand Self-Injurious Behaviors

As hard as it is to believe, studies have shown that some 14-25% of students engage in some form of self injury. Among college students, the rate can range up to 35%. (Among prison populations the rate is sometimes as high as 48%).

One young person writing on an Internet blog described his feelings and the urge to harm himself, ending with the following: "If anyone has the time to try to distract me, I'd really appreciate it."

Teens engaging in self injury are in real pain, as was the person quoted above. They are not "faking," trying to manipulate others, and they are definitely not "crazy." Teens who hurt themselves often exhibit symptoms of other mental health disorders, particularly depression, as you would expect, and often substance abuse.

Self-injury is the act of deliberately attempting to alter a mood state by directly inflicting destruction or alteration to one's body that is serious enough to cause tissue damage without the intent of committing suicide.

In this training, participants will explore self-injury and will learn:

- The warning signs of self-injurious behavior - what should you look for?
- The functions of self-injury.
- Effective interventions for successful treatment of self-injurious behaviors.

Friday, August 28, 2009

2:00 p.m. – 5:00 p.m.

Fee \$30.00 (payable at the door)*

Presented by: Linda Blackburn, LPC and Julie Skodak, LPC

Registration required.

The Professional Series provides an educational experience uniquely designed to enrich both your personal and professional life. Led by highly qualified instructors, these classes are structured to provoke thought, explore potential, develop skills, stimulate growth, and promote understanding. The instructors utilize various teaching techniques and aids. Learning takes place in a relaxed, informal atmosphere. UNLESS OTHERWISE NOTED IN THE ANNOUNCEMENT, all classes meet at Burrell Behavioral Health, 1300 Bradford Parkway, in Springfield, Missouri - Children's Center Theater.

Burrell Behavioral Health is approved by the American Psychological Association to sponsor continuing education for psychologists. Burrell maintains responsibility for the programs and their contents.

To register for any classes, or if you have any questions regarding the educational offerings available at Burrell Behavioral Health, contact our Education and Training Department at (417) 269-7288.

*Attendance fee is waived for all Burrell/Cox employees with proper identification. Students with proper identification will receive a 50% discount.