

Title IV-E Collaborative Presents

Self-Injurious Behaviors: Supporting Empathy, Understanding, and Effective Treatment

Dana Wyss, PhD., LMFT, ATR-BC

Dana Wyss, PhD., LMFT, ATR-BC is a licensed marriage and family therapist, board certified clinical art therapist, and is coauthor of *The Invisible String Workbook*. Her doctorate in expressive therapies has led her to create programs integrating art, music, poetry, dance, and animal assisted therapy in the healing process for clients and the self-care of staff. For the last 20 years, Dr. Wyss has worked in psychiatric hospitals, group homes, and nonpublic school settings to manage crisis, conduct trainings, coach staff, and support children and families. Dr. Wyss is currently the Director of training at Star View Adolescent Center, a psychiatric hospital and secure group home specializing in the treatment of complex developmental trauma. Dr. Wyss is a notional trainer and consultant with the Center for Trauma Training and national trainer to raise awareness of commercial sexual exploitation of children. She uses her creativity for her own healing as well as to support others.

Friday, March 12, 2021

9:00 am - 1:00 pm

ZOOM

Registration ends Wednesday, March 3rd

Link sent out Friday, March 5th

This workshop is an inspiring exploration of the impact that self-injury has on individuals, their families, and service providers. Through activities and discussion this workshop aims to raise support for ourselves as well as the individuals and families we serve at a time when they often feel the least connection to others. Weaving between the literature, stories from experience, and experiential exercises, the goal is to facilitate empathy and understanding to provide those who are suffering improved treatment. A secondary aim is to support the service providers to create strong plans for their own wellness while working with such an impactful issue. This workshop is appropriate for all staff as the activities can be altered to meet the practitioner's scope of practice.

Objectives:

- Identify several types of self-injury
- Identify how to differentiate warning signs and risk factors for different clients
- Identify 3 or more replacement behaviors to support someone who engages in self-injurious behaviors
- Name 3 things to say and/or do to support someone who is currently at risk for self-injury
- Be able to practice 3 ways to provide nonverbal support to someone who is engaging in self-injurious behavior
- Develop a strong plan to support your own wellness in response to the work with self-injurious behaviors

Eligible County Employees



For questions contact Staff Development & Training at
Rianna.Garcia01@ssa.sccgov.org

*Must obtain Supervisor approval prior to
registering*

Eligible Non-County Employees

Register on-line here:

<https://register.asapconnected.com/Courses.aspx?CourseGroupID=28977>

If you have questions please email us at:

T4e.collaborative@gmail.com