



Institute for Psychological Advancement

Treating Self Injurious Behavior

Though the research on self injurious behavior (SIB) in clinical populations is still limited, studies show children as young as 7 years old engaging in SIB and lifetime prevalence between 15-20% for adolescents in general populations. SIB is reported in clients of all ages and the numbers are higher in clinical populations, making the assessment and treatment of SIB necessary skills for clinicians. Self injury can impact anyone, regardless of age, gender, sexual orientation, SES, or religion; however, it most commonly occurs in adolescent girls, abuse survivors, co-occurring substance use, OCD, or eating disorders, and individuals with difficulty regulating or expressing emotions. SIB is a form of unhealthy coping for these individuals, a secondary problem that develops from an underlying issue. Clients engage in self injury for a multitude of reasons, and therefore, the purpose the behavior serves for each client may be different. Self injury may exhibit in impulsive or controlled behaviors, and the treatment interventions implemented should match the type of behavior. A thorough assessment will help clinicians understand the behavior and identify the reason(s) and purpose(s) for each client allowing for a more effective treatment plan.

Learning Objectives:

Upon conclusion of this program, participants should be able to...

1. Discuss ethical considerations in the treatment of self injurious behavior
2. Describe assessment methods specific to self injurious behaviors
3. Understand how to include self injurious behavior in diagnostic considerations
4. Identify treatment interventions for self injurious behavior

Learning Level: Basic

Target Audience: This training is designed for professional counselors, school counselors, social workers, marital and family therapists, psychologists, addiction counselors, case managers, nurses, and other health care professionals.

Continuing Education: To obtain the 3 CE hours associated with this course, the participant will need to sign in at the start of the program, attend the full course, and complete the program evaluation form. At the end of the program, participants will receive a certificate of completion.

The content of this event may meet requirements for most national, state, and local licensing boards and professional organizations for therapists, counselors, social workers, and psychologists. Be sure to print the event description and submit with your certificate of attendance to your professional board for consideration. For rules governing continuing education, participants should contact their respective regulatory boards.

Kansas Behavioral Sciences Regulatory Board does not require pre-approval of CE programs and does not even offer an approval process for most professions. They will consider CE programs that cover content specific to each profession's practice, skills, ethics, and knowledge. Additional information is provided on their website under each profession, typically in the FAQ sections.

Missouri Division of Professional Registration does not require continuing education providers or programs to be approved prior to the event. They will accept continuing education that is relevant to each profession (i.e. for professional counselors content must be primarily related to counseling, for psychologists content must be mostly psychological, and so on). Additional information is provided on their website.