# Self-Directed Violence (\*SDV) *(\*formally self-injury)*

PURPOSE:

* Educate trainees on dynamics of Self Directed Violence (SDV) and introduce updated acceptable Terminology.
* Explore reasons behind SDV and *how* to successfully address concerns of caller and interact with caller during their times of heightened imminent crisis.
* Emphasize that SDV does not always equate to Suicidal behavior, and that trainee’s acceptance and non-judgment is vital to the success of these types of calls and the callers Emotional Wellness.

OBJECTIVE:

* Review and reinforce all skills taught up to date, emphasizing on UPR & Interchangeability
* Through Instructor Lecture and open classroom discussion, explore reasoning, methods and mindset behind SDV.
* Reinforce how basic skills (matching voice tone, and use of silence) are essential in creating an open door with the caller.
* Provide handouts and various appropriate CONTACT approved links to allow for further personal research, reinforcement and comprehension of various emotional issues that plague such callers.
* Introduce updated terminology to address this segment of callers.
* Role Play to demonstrate alternate approaches to these specific callers.
* Roleplay to demonstrate appropriate use of caring confrontation with this segment of callers.

GOALS:

* Maintain a comfort level with this segment of callers.
* Acknowledge and accept these specific callers are NOT considering the act of suicide, but instead trying to cope in the best way that they know how.
* Ability to apply appropriate terminology within a call.
* Demonstrate ability to express empathy, complete UPR and non-judgment with caller through use of Active Listening skills, including basic skills of matching voice tone and appropriate use of silence when needed.
* Share their “Most Valuable” lesson “Take Away” with classmates.
* Complete an End of Lesson “"Benchmark"” and Lesson Evaluations form.