**Module Four | Worksheet 1**

**Implications for Practice | Self Harm**

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| **What difference does this concept make to how you understand and work with young people who self-harm?** |
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**Module Four | Worksheet 2**

**Implications for Practice**

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| **What does a bottom up approach mean for the network of adults around the child?** |
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| **What does a bottom up approach mean for education?**  |
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| **What does a bottom up approach mean for our work with parents and carers?** |
|  |
| **What does a bottom up approach mean when we're offering therapy?** |
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**Module Four | Worksheet 3**

**Personal Reflections**

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| **What have you been surprised by?** |
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| **What have you learnt that stands out to you?** |
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| **What has satisfied you?** |
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**Module Four | Worksheet 3**

**Personal Reflections**

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| **What have you discovered?** |
|  |
| **Noticing and noting down your dissatisfaction** |
|  |
| **Personal and professional next steps: What small difference will this training make to the way you work and how you feel about what you're doing?** |
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