

# Assessment and Treatment of Nonsuicidal Self-injury

Nonsuicidal self-injury is more common than we think. Almost every mental health clinician has come across some form of nonsuicidal self-injury in their careers, and the behavior is on the rise among adolescents and young adults. Yet, rarely do education programs cover anything about nonsuicidal self-injury within their programs, even though it is important for mental health clinicians to be aware of what this behavior is, how to assess it, how it is related yet different from suicidal behavior, and how to intervene and work with clients who engage in nonsuicidal self-injury. This seminar will help you understand what nonsuicidal self-injury is, factors to consider when assessing and working with clients, ethical considerations in treatment and breaching confidentiality, and methods of treatment that have been shown to be effective.

## Target Audience

Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

1. Identify and describe the differences between suicidal behavior and nonsuicidal self-injury.
2. Describe at least one model for understanding how or why nonsuicidal self-injury develops
3. Identify at least two factors to consider when assessing and treating clients who self-injure
4. To identify two functions of nonsuicidal self-injury
5. Explain different directions for treatment based on functions of nonsuicidal self-injury

## Seminar Schedule

Typically begins at 12:00 PM and ends at 3:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

## Outline

Begin 11 AM ET

### Introduction

NSSI defined and explained  
NSSI and suicidal behavior  
Ethical considerations

Break 12:30-12:45 PM ET

NSSI assessment and risk management  
Understanding NSSI, conceptual models  
Treatment considerations and interventions  
Key recommendations

End 2:15 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

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## The Presenter

Kelly L. Wester, PhD, LPC, NCC earned her Ph.D. in counseling and human development services from Kent State University in 2003 and currently works as a professor in the Department of Counseling and Educational Development at the University of North Carolina at Greensboro. Early in her career she worked within the behavioral programs of both a juvenile residential treatment facility and a juvenile correlational facility with adolescents charged with felonies. She has also worked in college counseling centers, and currently works in a community mental health agency with adolescents and young adults. She specializes in working with individuals who engage in nonsuicidal self-injury, and their families. She has co-authored a book entitled *Nonsuicidal Self-Injury: Wellness Perspectives on Behaviors, Symptoms, and Diagnoses*, as well as has many publications and presentations regarding treatment of nonsuicidal self-injury.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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