

Acute Training Solutions Self Harm - Case Study

Interpersonal sensitivity

You are a nurse in a ward, where you are the keyworker for 'A', a self-harming client. You tell 'A' that you will soon be going on holiday for two weeks. 'A' then starts missing their keyworker sessions.

What can you validate with A?

Devaluation & splitting

As a residential care worker you have been working hard with 'B', a self-harming resident. On shift, you discover that 'B' has sought out another staff member and complained that you don't listen to them and haven't been able to offer them a single thing that has been useful in helping them sort through their problems. The staff member documents this in 'B's notes.

What can you validate with B?

Anger problems

As a support worker in the community, you are working with client 'C'. 'C' has missed their appointment at your workplace and turns up much later, pleading to speak to you. Another of your clients is due in five minutes, so you explain to 'C' that you can't see them now but can arrange another appointment later in the week. At this point, 'C' becomes extremely angry and verbally abusive, calling you a 'control freak' and refusing to leave until you see them.

What can you validate with C?