

Acute Training Solutions

Self Harm - Graeme case study

Graeme's situation

Graeme is 16 years old and now been in care for five years. He doesn't really talk too much about his previous family life experiences with anyone, including his foster parents, although he does get on well with them.

Graeme has self-harmed in various ways for as long as he can remember and for various reasons – but mainly when he is angry or sad. Things seem to build up and Graeme can't seem to deal with them, things like pressures of school work, arguments with his foster parents about home rules', and he sometimes gets bullied by a group of boys at his school about being "a foster kid and not knowing his real parents".

With his GCSE's coming up this year Graeme is beginning to feel even more stressed than usual and has started to self-harm again. He doesn't really want to hurt himself but it is the only thing that helps him get through the day.

Think about Graeme's situation.

What do you think he should do, if anything, about his self-harming? and why?

What should he do? and why?

What should his foster carers do?