



# FREE VIRTUAL PARENT PRESENTATION

## SELF-HARM: QUESTIONS & ANSWERS FROM A LOCAL PSYCHOLOGIST/PROFESSOR

**MONDAY  
JAN 17**

With Professor Dawn McBride, Ph.D. (Counselling Psychology, University of Lethbridge Canada) is also a registered psychologist. Her main areas of research and clinical practice center around promoting value-based ethics and educating people about emotional regulation to reduce suffering and promote healthy functioning. She has clinical expertise in many areas including group therapies, Transactional Analysis, EMDR, Somatic Experiencing, CBT, play/creative therapies and ego-state interventions.

**7-8pm**

What are examples of self-harm, other than cutting? What is the cycle of self-harm? What are the 3Rs to responding to someone who self-harms? Regulate, Relate, Reason. What are some ways I can help someone regulate?



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Use this QR Code to access a Zoom link  
to the presentation.

