

Following completion of the British Association of Skin Camouflage (BASC) course on Para –medical Skin Camouflage application I feel able to assist young people in managing their self-harm scarring and provide advice on suitable camouflage, dependent on need/ skin type and skin condition. The course not only covered aspects of scarring but also other skin conditions that a young person may wish to conceal. This has been useful as I have seen young people in a clinical mental health setting who have been affected by their appearance whether it is acne or birthmarks (or another Dermatoses) causing an altered body image. I now also feel confident in providing camouflage advice and product recommendation for these conditions as well as the originally intended need of self-harm scarring. I feel the training also provided me with knowledge on theory for interventions and alternative products that maybe more accessible for young people.

Prior to the training I had little experience of skin camouflage and had observed sessions completed by a previous graduate of the course. On completion of the course I am able to continue to promote positive body image by providing both psycho-educational support and practical solutions to scarring.

The training was outstanding and gave me the opportunity to learn from other disciplines (such as nursing) and specialities (such as dermatology). The practical exam that the course facilitated allowed me to apply the information learned in the days prior and gave a real life situation of covering a variety of skin conditions.

The training provided the opportunity to understand the lived experience of those living with skin conditions and how such conditions can impact on both daily life and mental health well-being. A motivational speaker during one of the evening sessions highlighted the importance of skin camouflage for her and how it had impacted positively on her sense of wellbeing and body image.

The training has provided me with confidence to utilise skin camouflage with the young people I see and has added a new dimension to my Occupational Therapy intervention within the CAMHs clinic. It has also allowed me the flexibility to offer support to staff in other areas such as Burns and provide advice if required within wider specialities.

As result of completing this training I am in the process of setting up a 'drop in clinic' for young people to access advice, not only on skin camouflage but also scar management of self-harm wounds. This will be a new service within the inpatient setting and assists the young person to experience a gold star service.

I would like to take the opportunity to thank the FPSA for funding the course and providing me the opportunity to develop the service I provide as well as developing my p [personal clinical skills and contributing to my continued learning.

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