

Relating To Self Harm And Suicide Psychoanalytic Perspectives On Practice Theory And Prevention

Nonsuicidal self-injury (NSSI) is a baffling, troubling, and hard to treat phenomenon that has increased markedly in recent years. Key issues in diagnosing and treating NSSI adequately include differentiating it from attempted suicide and other mental disorders, as well as understanding the motivations for self-injury and the context in which it occurs. This accessible and practical book provides therapists and students with a clear understanding of these key issues, as well as of suitable assessment techniques. It then goes on to delineate research-informed treatment approaches for NSSI, with an emphasis on functional assessment, emotion regulation, and problem solving, including motivational interviewing, interpersonal skills, CBT, DBT, behavioral management strategies, delay behaviors, exercise, family therapy, risk management, and medication, as well as how to successfully combine methods.

This trusted practitioner resource is acclaimed for its clear, compassionate, and hopeful approach to working with clients who self-injure. Barent Walsh provides current, evidence-based knowledge about the variety and causes of self-injurious behavior, its

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relationship to suicidality, and how to assess and treat it effectively. Illustrated with detailed case examples, chapters review a wide range of cognitive-behavioral interventions. Essential guidance is provided on tailoring the intensity of intervention to each client's unique needs. Walsh is joined by several colleagues who have contributed chapters in their respective areas of expertise. Reproducible assessment tools and handouts can be downloaded and printed in a convenient 8 1/2" x 11" size. New to This Edition *Incorporates up-to-date research and clinical advances. *Now uses a stepped-care framework to match interventions to client needs. *Chapters on the relationship between suicide and self-injury, formal assessment, family therapy, and residential treatment for adolescents. *Special-topic chapters on the "choking game," foreign body ingestion, multiple self-harm behaviors, and self-injury in correctional settings.

Skillfully woven together with empathic insight into the lives and minds of those who self-injure, "Healing the Hurt Within" is replete with the latest developments in the field, informative statistical data, instructive diagrams, carefully selected resou
Suicide is a perplexing human behavior that remains among the leading causes of death worldwide, responsible for more deaths each year than all wars, genocide, and homicide combined. Although suicide and other forms of self-injury have baffled scholars

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and clinicians for thousands of years, the past few decades have brought significant leaps in our understanding of these behaviors. This volume provides a comprehensive summary of the most important and exciting advances in our understanding of suicide and self-injury and our ability to predict and prevent it. Comprised of a formidable who's who in the field, the handbook covers the full spectrum of topics in suicide and self-injury across the lifespan, including the classification of different self-injurious behaviors, epidemiology, assessment techniques, and intervention. Chapters probe relevant issues in our society surrounding suicide, including assisted suicide and euthanasia, suicide terrorism, overlap between suicidal behavior and interpersonal violence, ethical considerations for suicide researchers, and current knowledge on survivors of suicide. The most comprehensive handbook on suicide and self-injury to date, this volume is a must-read text for graduate students, fellows, academic and research psychologists, and other researchers working in the brain and behavioral sciences.

It is clearly recognized that medical errors represent a significant source of preventable healthcare-related morbidity and mortality. Furthermore, evidence shows that such complications are often the result of a series of smaller errors, missed opportunities, poor communication, breakdowns in

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established guidelines or protocols, or system-based deficiencies. While such events often start with the misadventures of an individual, it is how such events are managed that can determine outcomes and hopefully prevent future adverse events. The goal of Vignettes in Patient Safety is to illustrate and discuss, in a clinically relevant format, examples in which evidence-based approaches to patient care, using established methodologies to develop highly functional multidisciplinary teams, can help foster an institutional culture of patient safety and high-quality care delivery.

Self-harm often arises at moments of despair or emotional intensity, and its reasons are not necessarily available to the conscious mind. *Managing Self-Harm* explores the meaning and impact of self-harm, and the sense in which it is a language of the body. It is designed to help clinicians, people who self-harm and their families and carers to understand its causes, meaning and treatment. Each chapter integrates theory with clinical illustration, enabling the direct experiences of those who self-harm to be heard and reflecting the populations that are most likely to self-harm. The contributors are drawn from a wide range of backgrounds, including clinical psychology, psychotherapy, group analysis and psychiatric nursing. Areas of discussion include: self-harm and young people in foster care and residential settings

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self-harm in women's secure services self-harm in people diagnosed with personality disorder This book does not offer a prescription for self-harm cessation but rather describes therapeutic approaches to working with self-harm, and outlines the complex, subtle and meaningful interactions between those who engage in self-harm and those who seek to understand it. With a specialist interest in women's self-harm, *Managing Self-Harm* will be essential reading for all mental health professionals, including clinical psychologists, psychotherapists, psychiatrists, psychiatric nurses and social workers. In many countries there has been an alarming increase in rates of suicide and self-harm, yet the stigma attached to these difficulties often leads to sub-optimal care. *Life After Self-Harm: A Guide to the Future* is written for individuals who have deliberately harmed themselves. Developed through a major research project the contents of the manual have been informed and shaped by many users and expert professionals. Illustrated with multiple case-histories, it teaches users important skills: for understanding and evaluating self-harm for keeping safe in crisis for dealing with seemingly insolvable problems for developing coping strategies for re-connecting with life. Health workers who regularly come into contact with individuals who have self-harmed will find the wealth of practical advice in this book extremely valuable for recommendation to

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patients either as a self-help book, or in the context of brief therapy.

This book is open access under a CC BY license and charts the rise and fall of various self-harming behaviours in twentieth-century Britain. It puts self-cutting and overdosing into historical perspective, linking them to the huge changes that occur in mental and physical healthcare, social work and wider politics.

Suicide and self-harm are world-wide public health issues that can have devastating effects on families, friends and communities. They are both a priority for anyone working in mental health, social work, emergency departments and related fields, however suicidal and self-harming behaviour can take place anywhere anytime - it may be a pupil in a school, an inmate in a prison or a colleague or family member. For this reason, this book has been written in a clear, accessible and practical style for anyone who wants to learn more about working with and preventing suicidal and self-harming behaviour. - It identifies common risk and protective factors as well as specific warning signs of imminent suicidal behaviour - It provides essential communication skills for undertaking a risk assessment, illustrating how each skill can be used in real-life practice. - It looks specifically at the issue of self-harm and suicide in prisons, schools and emergency departments - It lays out clear strategies for identifying and addressing issues of self-care when working with people who are suicidal or who self-harm - It identifies how we can assist those who are bereaved following the death of a loved one by suicide Packed with learning outcomes, case scenarios and reflective questions, this book acts as a toolkit for anyone working in this difficult

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The number of eating disorders patients presenting with symptoms of self-harm is growing quickly, and yet there is surprisingly little known about this unique population. *Self-Harm Behavior and Eating Disorders* explores the prevalent but largely uncharted relationship between self-injury behaviors and eating disorders symptoms. In the first major book to focus on this area, a renowned group of international scholars and practitioners addresses the subject from a variety of theoretical and practical perspectives. The book is categorized into sections covering epidemiology, psychodynamics, assessment, and a final section covering potential treatment options, including dialectical behavioral therapy, cognitive therapy, interventions strategies, group therapy, and pharmacological approaches. This unrivaled collection of case studies, theoretical exploration, and practical application forms a benchmark for the field, and offers a stepping-stone for new research and innovative treatment strategies. In an area with little available information, previously spread out among diffuse sources, this volume represents the state-of-the-field resource for anyone working with complex eating disorders patients. A clear, warm, and practical guide to counter the sense of fear and isolation that surrounds self-harm.

It's a troubling phenomenon that many of us think of as a modern psychological epidemic, a symptom of extreme emotional turmoil in young people, especially young women: cutting and self-harm. But few of us know that it was 150 years ago—with the introduction of institutional asylum psychiatry—that self-mutilation was first described as a category of behavior, which psychiatrists, and later psychologists and social workers, attempted to understand. With care and focus, *Psyche on the Skin* tells the secret but necessary history of self-harm from the 1860s to the present,

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showing just how deeply entrenched this practice is in human culture. Sarah Chaney looks at many different kinds of self-injurious acts, including sexual self-mutilation and hysterical malingering in the late Victorian period, self-marking religious sects, and self-mutilation and self-destruction in art, music, and popular culture. As she shows, while self-harm is a widespread phenomenon found in many different contexts, it doesn't necessarily have any kind of universal meaning—it always has to be understood within the historical and cultural context that surrounds it. Bravely sharing her own personal experiences with self-harm and placing them within its wider history, Chaney offers a sensitive but engaging account—supported with powerful images—that challenges the misconceptions and controversies that surround this often misunderstood phenomenon. The result is crucial reading for therapists and other professionals in the field, as well as those affected by this emotive, challenging act.

This dissertation, "An Epidemiological Study of Self-harm in the Hong Kong Special Administrative Region" by Chi-leung, Kwok, ???, was obtained from The University of Hong Kong (Pokfulam, Hong Kong) and is being sold pursuant to Creative Commons: Attribution 3.0 Hong Kong License. The content of this dissertation has not been altered in any way.

We have altered the formatting in order to facilitate the ease of printing and reading of the dissertation. All rights not granted by the above license are retained by the author.

Abstract: While 800,000 people die by suicide every year worldwide, it is estimated that self-harm occurs 10 to 20 times more frequently. However, in Hong Kong there has been no comprehensive epidemiological information relating to self-harm produced since 2004. Prevention measures must be guided by local knowledge, and the findings of previous studies mainly conducted in the West may not be generalizable to Hong Kong. This study aims to investigate

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the epidemiological features of self-harm in order to understand its pattern and characteristics. Four topics were analyzed: 1) incidence rates and patients' demographic profile; 2) non-fatal repetition; 3) suicide following self-harm; and 4) temporal variations. Since there exists no citywide surveillance and monitoring system for self-harm patients in Hong Kong, self-harm data are not collected in a timely or systematic manner. Emergency attendance and inpatient admissions data of public hospitals managed by the Hospital Authority were therefore used to trace relevant medical records. It should be noted that, as hospital administrative data are not collected for research purpose, there have been some concerns about the feasibility of using the data for a study of self-harm. Thus this study also examined the features of the best available hospital data, finding some evidence that these records offer a representative cohort of self-harming patients for research purpose. Between 2002 and 2011, it was found that the average annual incidence rate of self-harm in Hong Kong was 116.0 per 100,000 people. This estimate is a lot lower than those in the West, but is at the upper end of findings in Asian countries. The risk of non-fatal repetition was 6.9% within the year following the index episode of self-harm. Using a survival model specifically for recurrent events data, 8.9 cases of repeated self-harm were expected per 100 patients. The corresponding risk of suicide was much lower at 0.6%. A higher risk of repeated self-harm was observed during the first three months, while the high-risk period of suicide lasted for five months. A diminishing seasonality in self-harm was found, from a bi-seasonal pattern in 2002-2006 to a one-cyclic pattern in 2007-2011, with a peak from May to July and anadir in December. A strong holiday variation was detected around Lunar New Year, but only among males. The temporal variation in Hong Kong due to holidays revealed a different pattern from the

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West. The findings provide the epidemiological pattern of self-harm in Hong Kong, which can assist clinical assessment and suicide prevention strategy, and also offer directions for future research. The latter include the extraordinary increase in self-poisoning among males in 2003 and 2007; the cost burden on the healthcare and social system; the association between immediate risk of repetition and hospital stay; frequent repeaters of self-harm; and explanations of reported temporal patterns. The results also suggest the importance of implementing a surveillance system to better collect information on self-harming patients, not only for research and evaluation study but also to facilitate management and service provision. DOI: 10.5353/th_b5334881 Subjects: Self-mutilation - China - Hong Kong

American Psychiatric Association The original DSM TM. Every year thousands of children and young people attend emergency departments with problems resulting from self-harm. More still come to the attention of CAMHS teams, school nurses and other community-based services. *Helping Children and Young People who Self-harm* provides clear and practical guidance for health professionals and other members of the children's workforce who are confronted by this complex and difficult area. Providing accessible evidence-based advice, this textbook looks at: what we mean by self-harm and its prevalence the legal background what works for young people who self-harm what children and young people think about self-harm assessment and interventions for self-harm prevention of self-harm service provision and care pathways. Essential for all those working with children and young people, this textbook contains a glossary of terms, practical strategies and case studies.

This book explores several topics pertaining to suicide and deliberate self-harm in the corrections setting, including who tends to commit these acts; where, when, and how these

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incidents occur; screening mechanisms; the role of environmental stimuli in facilitating or preventing acts of self harm; interpersonal relations among inmates and between inmates and staff; the role of the courts in setting and ruling on suicide prevention policies; and diversion and re-entry plans for offenders.

NATIONAL BESTSELLER • A stunning “portrait of the enduring grace of friendship” (NPR) about the families we are born into, and those that we make for ourselves.

A masterful depiction of love in the twenty-first century. A

NATIONAL BOOK AWARD FINALIST • A MAN

BOOKER PRIZE FINALIST • WINNER OF THE KIRKUS

PRIZE A Little Life follows four college

classmates—broke, adrift, and buoyed only by their

friendship and ambition—as they move to New York in

search of fame and fortune. While their relationships,

which are tinged by addiction, success, and pride,

deepen over the decades, the men are held together by

their devotion to the brilliant, enigmatic Jude, a man

scarred by an unspeakable childhood trauma. A hymn to

brotherly bonds and a masterful depiction of love in the

twenty-first century, Hanya Yanagihara’s stunning novel

is about the families we are born into, and those that we

make for ourselves. Look for Hanya Yanagihara’s new

novel, *To Paradise*, coming in January 2022.

A seminal work on treating self-mutilation, revised and updated with illuminating case studies and newly available resources. Nearly a decade ago, *Cutting* boldly

addressed a traumatic psychological disorder now

affecting as many as two million Americans and one in

fifty adolescents. More than that, it revealed self-

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Self-harm, often referred to as self-mutilation, is a complex and distressing condition that has long been misunderstood and stigmatized. This book, *Relating To Self Harm And Suicide: Psychoanalytic Perspectives On Practice Theory And Prevention*, offers a comprehensive and accessible exploration of the disorder. The author, Steven Levenkron, draws on his extensive clinical experience to provide a detailed and nuanced understanding of the factors that contribute to self-harm, including genetics, family dynamics, childhood trauma, and societal influences. The book is written for a wide range of readers, including sufferers, family members, friends, and mental health professionals, and is designed to be both informative and supportive. It explains why the disorder manifests in self-harming behaviors and describes how patients can be helped. Self-injury and cutting refers to harming one's own body on purpose, a troubling problem that tends to begin in the teen or early adult years. Also known by several other terms, including "self-harm" and "self-mutilation," the behavior is often used as an outlet to get temporary relief from tormenting emotions. Written by a medical doctor, this book offers honest information about self-injury, who it tends to affect, and possible reasons people self-injure. The author is straightforward, yet sympathetic and supportive, in detailing the dangers of the behavior and how teens can help themselves or others to stop. Myths and facts, questions for a therapist, and organizations to contact for further information are helpful features.

Attempted suicide is a matter of serious public health concern. Culture and Self-Harm considers the factors that may contribute to this increased rate of self-harm and suicide among south Asians in London, which cannot be blamed on migration alone. Cultural pressures that dictate the way stress is dealt with are examined and the effects of cultural conflict and changes in an individual's cultural identity are considered. Culture and

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Self-Harm offers a new preventative strategy that will be of theoretical and clinical interest to all mental health professionals, social workers, voluntary and primary care workers. It will help them understand significant factors that play a key role in the lives of south Asians who attempt suicide and what lessons can be learnt for dealing with other ethnic groups with the same problems. What is self-harm and what causes it? Learn the terms and concepts related to this type of behavior. Provides an in-depth history of self-harm behavior that provides a relatable perspective for the reader Offers realistic and common case samples that promote better understanding Explains how anyone concerned about a self-injurious loved one can best confront the behavior and offers tips on how to provide support Devotes significant attention to controversial areas such as the prevalence of self-injury in school settings, addresses the use of psychopharmacology in treating the behavior, and gives an overview of effective techniques for treatment

CHILD WELFARE. A practical guide for parents, teachers, youth workers and others caring for and working with teenagers/young adults who engage in self-harming and have suicidal thoughts - or even attempt suicide. Filled with tips on how to support vulnerable teenagers and increase their self-esteem and resilience, Liz Quish's book: offers a uniquely integrative and holistic approach, focusing on all aspects of well-being: social, emotional and physical outlines the purpose and function of self-harming behaviours and dispels the myths about self-harm while also offering strategies to

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support a teenager who self-harms offers key insights into suicide risk factors and preventative measures while also providing guidance for those who have lost a loved one through suicide and advice for those supporting a person through a suicide bereavement.

Why does an estimated 5% of the general population intentionally and repeatedly hurt themselves? What are the reasons certain people resort to self-injury as a way to manage their daily lives? In *Why Do We Hurt Ourselves*, sociologist Baptiste Brossard draws on a five-year survey of self-injurers and suggests that the answers can be traced to social, more than personal, causes. Self-injury is not a matter of disturbed individuals resorting to hurting themselves in the face of individual weaknesses and difficulties. Rather, self-injury is the reaction of individuals to the tensions that compose, day after day, the tumultuousness of their social life and position. Self-harm is a practice that people use to self-control and maintain order—to calm down, or to avoid "going haywire" or "breaking everything." More broadly, through this research Brossard works to develop a perspective on the contemporary social world at large, exploring quests for self-control in modern Western societies.

Self-harm in adolescents is an increasingly recognized problem, and there is growing awareness of the important role schools and health services can play in detecting and supporting those at risk. *By Their Own Young Hand* explores the findings of the first large-scale survey of deliberate self-harm and suicidal thinking in adolescents in the UK, and draws out the implications for

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prevention strategies and mental health promotion. Six thousand young people were asked about their experiences of self-harm, the coping methods they use, and their attitudes to the help and support available. The authors identify the risk and protective factors for self-harm, exploring why some adolescents with suicidal thoughts go on to harm themselves while others do not, what motivates some young people to seek help, and whether distressed teenagers feel they receive the support they need. *By Their Own Young Hand* offers practical advice on how schools can detect young people at risk, cope with the aftermath of self-harm or attempted suicide, and develop training programmes for teachers. It also examines the roles of self-help, telephone helplines, email counselling, and walk-in crisis centres. Packed with adolescents' own personal accounts and perspectives, this accessible overview will be essential reading for teachers, social workers and mental health professionals.

This is a practical guide for professionals on understanding and responding to self-harm in children and adolescents. It includes information about what self-harm is and who is likely to self-harm, and provides practical advice on how to identify self-harm, how to respond and intervene, and how to support the child or young person.

In this comprehensive and insightful work, Dr. Sharon K. Farber provides an invaluable resource for the mental health professional who is struggling to understand self-harm and its origins. Using attachment theory to explain how addictive connections to pain and suffering develop,

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she discusses various kinds and functions of self-harm behavior. From eating disorders to body modifications such as tattooing, Dr. Farber explores the language of self-harm, and the translation of that language and its psychic functions in the therapeutic setting. She tells us, "When the body weeps tears of blood, we need to wonder what terrible sorrows cannot be spoken."

Brilliantly illustrated with rich clinical material, this book offers a practical approach to the diagnosis, assessment, and treatment of the increasing number of patients whose emotions are expressed through bodily harm. The challenges of working with patients who tend to view the world of relationships in terms of predator and prey are clearly explicated and the stormy countertransference responses that threaten to destroy the treatment are given a full hearing. Finally, she shows how the attachment relationship formed in treatment can repair the traumatic attachment in mind, body, psyche, and soul, and can serve as the cornerstone of therapeutic change. A Jason Aronson Book

Alessandra Lemma - Winner of the Levy-Goldfarb Award for Child Psychoanalysis! *Relating to Self-Harm and Suicide* presents original studies and research from contemporary psychoanalysts, therapists and academics focusing on the psychoanalytic understanding of suicide and self-harm, and how this can be applied to clinical work and policy. This powerful critique of current thinking suggests that suicide and self-harm must be understood as having meaning within interpersonal and intrapsychic relationships, offering a new and more hopeful dimension for prevention and recovery. Divided into

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three sections, the book includes: a theoretical overview examples of psychoanalytic practice with self-harming and suicidal patients applications of psychoanalytic thinking to suicide and self-harm prevention. Relating to Self-Harm and Suicide will be helpful to psychoanalytic therapists, analysts and mental health professionals wanting to integrate psychoanalytic ideas into their work with self-harmers and the suicidal. This text will also be of use to academics and professionals involved in suicidal prevention.

Intentional self-harm, often in the form of cutting one's self, is generally associated with emotional or mental distress, especially when observed among teens. When in pain, the human body releases calming endorphins, leading some to injure themselves to experience the endorphin euphoria. Self-harm is associated with mental health disorders such as borderline personality disorder, anorexia nervosa, and bulimia nervosa. And while those who engage in self-harm may not intend themselves any serious physical injury, such risky behavior can result in death. Cutting and Self-Harm discusses the most common types of self-injurious behavior, what they mean, how they can be treated, and how they can be prevented. Chapters include: What Is Self-Harm? Who Engages In Self-Harm? Self-Harm and Mental Illness; Identification and Treatment of Self-Harm; and Prevention: How Do We Prevent Self-Harm?

Self-harm is worryingly common in young women, and is often used as a way of easing emotional suffering. Self-Harm: A Psychotherapeutic Approach explores the issues involved from the perspective of a

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psychoanalytical psychotherapist. Fiona Gardner examines these issues through extensive clinical material and an analysis of the social and cultural influences behind self-harm. This book will be of interest to all those working with those who are harming themselves, including psychotherapists, school counsellors, social workers and mental health clinicians. This guideline has been developed to advise on the short-term physical and psychological management and secondary prevention of self-harm in primary and secondary care. The guideline recommendations have been developed by a multidisciplinary group of healthcare professionals, patients and their representatives, and researchers after careful consideration of the best available evidence. It is intended that the guideline will be useful to clinicians and service commissioners in providing and planning high quality care for those people who self-harm while also emphasising the importance of the experience of care for service users and carers.

Self-harm is a distressing and all too common presentation to emergency departments, and yet there is no clear understanding of what it represents, and success rates of interventions to prevent future episodes are enormously variable. Therapeutic Assessment for self-harm is a pragmatic model, developed by the authors of this book and forming an organic part of the psychosocial assessment following a self-harming incident. Its main features are that firstly, a therapeutic intervention at the time of distress, compared with a standard psychosocial history and risk assessment,

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improves patients' responses and their willingness to engage in further therapy, and secondly, that there is a vast range of evidence-based interventions that can be used to build a 'toolkit' that individual practitioners can employ with their patients. Therapeutic Assessment is evidence-based, simple and easy to learn, and this book presents the techniques in a clear, accessible and user-friendly way. Based on extensive research, it will form an essential reference for psychiatrists and clinical psychologists, and for any health professional involved in the assessment of young people who self-harm.

Self-harm in adolescence and late teens is known to be increasing, though it is difficult to detect and inconsistently recorded. This thorough, practical and evidence-based book provides guidance for professionals and parents caring for children and young people at risk of self-harm and suicide. Claudine Fox and Keith Hawton discuss risk factors for self-harm, including depression, substance abuse and antisocial behaviour, and critically examine key screening instruments that can be used to assess risk. They describe how suicidal behaviour can be managed and prevented, and look at the effectiveness of aftercare treatment for those who self-harm, including school-based suicide-prevention programs and family therapy. Also addressed are common myths about self-harm and the problem of varying definitions in this field. *Deliberate Self-Harm in Adolescence* clearly summarizes and evaluates current research into suicidal behaviour - it is essential reading for social workers, mental health professionals, GPs, teachers and parents.

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Non-suicidal self-injury (NSSI) is a global mental health concern with studies conservatively indicating 10% of young people experiment with self-harm. The ways in which young people self-harm are wide and varied, and a challenge many families now have to face. It remains distressing and difficult for parents and caring adults to understand, as it seems to go against every innate instinct of self-protection and survival. In this book, award-winning speaker, author and educator Michelle Mitchell has combined her 20 years' experience, with the latest research, interviews with experts and stories from professionals and everyday families, to give parents and teachers fresh insights into how to prevent, understand and respond to self-harm. Full of evidence-based strategies, this unique resource will provide parents with the facts, practical help and comfort they need.

Self-injury can be as addictive as any drug, and the secrecy and shame many sufferers feel about this behavior can keep them feeling trapped. But if you're ready to replace self-harm with a set of healthy coping skills, this compassionate and practical book can help. This complete guide to stopping self-injury gives you the facts about self-harm, corrects common myths about this behavior, and provides self-soothing techniques you can begin using right away for regulating difficult or overwhelming emotions. Freedom from Self-Harm also includes self-assessment worksheets, guidance for seeking professional help, and information about the most effective therapies and medications. Drawn from treatments such as dialectical behavior therapy and acceptance and commitment therapy, the tools in this book can help you cope with your emotions whenever you feel the urge to self-harm. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that

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incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

This edited volume features evidence-based reviews and practical approaches for the professional in the hospital, clinic, community and school, with case examples throughout. Divided into five major sections, the book offers background historical and cultural information, discussion of self-injury etiology, assessment and intervention/prevention issues, and relevant resources for those working with youths who self-injure.

Outlines the circumstances that cause young people to express their depression and emotional pain through self-inflicted harm and suicide, and discusses risk factors, warning signs, treatments, and coping strategies.

Subtle scars disappearing up a shirt sleeve, unexplained bruises, burn marks. As many as one out of every four young people engage in non-suicidal self-injury, defined as the deliberate destruction of body tissue without suicidal intent. Parents who uncover this alarming behavior are gripped by uncertainty and flooded with questions--why is my child doing this? Is this a suicide attempt? What did I do wrong? What can I do to stop it? And yet basic educational resources for parents with self-injuring children are sorely lacking. *Healing Self-Injury* provides desperately-needed guidance to parents and others who love a young person struggling with self-injury. First and foremost, adolescent psychologists Janis Whitlock and Elizabeth Lloyd-Richardson believe that parents must appreciate how important their role is in their child's recovery; there is a lot that parents can do to support their self-injuring children. This book offers strategies for identifying and alleviating sources of distress in children's lives, improving family communication (particularly around

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emotions), and seeking professional help. Importantly, it also provides compassionate advice to parents with personal challenges of their own, explaining how these can impact the entire family. The book will help parents partner with their children to identify, build, and use skills that will assist them in recovering from self-injury. Vivid anecdotes drawn from the authors' extensive in-depth interviews with real families in recovery from self-injury put a human face on what for many families is a distressing and often isolating experience. Healing Self-Injury is a must-have for parents who want to assist in their child's recovery, as well as for anyone who lives with, works with, or cares about self-injuring youth and their families.

A detailed treatment protocol for working with self-harming adolescents and young adults.

Relating to Self-Harm and Suicide
Psychoanalytic Perspectives on Practice, Theory and Prevention
Routledge

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