

Bloodletting A Memoir Of Secrets Self Harm And Survival

Working With Self Harm and Suicidal Behaviour Self-Harm and Eating Disorders in Schools Relating to Self-Harm and Suicide Helping Children and Young People who Self-harm Helping Children and Young People who Self-harm Self-Harm Queer Youth, Suicide and Self-Harm Self Harm: Why Teens Do It And What Parents Can Do To Help The DBT Skills Workbook for Teen Self-Harm Cutting and Self-Harm Self-Harm Behavior and Eating Disorders Freedom from Self-Harm Exploring Ethnographic and Non-Ethnographic Approaches of Suicide and Self-Harm A History of Self-Harm in Britain Self-Harm The Parent's Guide to Self-Harm Suicide and self harm in young people Managing Self-Harm Self-Harm in Young People: A Therapeutic Assessment Manual The Aesthetics of Self-Harm Louise Doyle Pooky Knightsmith Stephen Briggs Tim McDougall Tim McDougall Michelle Mitchell E. McDermott Michelle Mitchell Sheri Van Dijk Chris Simpson Ph.D. John L. Levitt, Ph.D. Alexander L. Chapman Elena Xení Chris Millard Emmanuel Nii-Boye Quarshie Jane Smith Eve Griffin Anna Motz Dennis Ougrin Zoe Alderton

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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 field

with steadily increasing incidences of self harm and eating disorders among students and long waiting lists for specialised support schools have a more active role than ever in supporting young people with these issues this guide provides information and guidance on how to help students from whole school policies to day to day strategies

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 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

helping children and young people who self harm will provide clear and practical guidance for nurses and other health professionals confronted by this complex and difficult area

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

a much needed resource empowering readers with powerful insights a road map of practical strategies and above all else hope karen young child adolescent anxiety specialist helping teens and tweens cope when times are tough wisdom infused hope filled and research driven if you have a child who is struggling with self harm i want to remind you that you are your child s greatest advantage what you do and how you respond matters this book was written for you and your family 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 michelle answers questions like why does my child want to hurt themselves is self harm about attention seeking what do i say if i suspect self harm why is self harm so addictive how do i manage their safety how do i best take care of siblings and other family members when is it necessary to seek support michelle goes where few have gone before in tackling the distressing confusing and fraught issue of self harm in our young people michelle has done us all a great service in bringing us this invaluable title melinda tankard reist author speaker co founder collective shout michelle gives a strong and poignant voice not only to those who are self harming but also to the ones who love them this book traverses that gap it is an intelligent thoughtful and much needed resource empowering all who read it with powerful insights a road map of practical strategies and above all else hope karen young author speaker parenting and child adolescent anxiety specialist

offering a new way of understanding the high self harm and suicide rates among sexual and gender minority youth this book prioritises the perspectives and experiences of queer young people including those who have experience of self harming and or feeling suicidal presenting analysis based on research carried out with young people both online and face to face the authors offer a critical perspective on the role of norms namely developmental norms gender and sexuality norms and neoliberal norms in the production of self harming and suicidal youth queer youth suicide and self harm is unique in the way it works at the intersection of class and sexuality and in its specific focus on transgender youth and the concept of embodied distress it also examines the implications of this research for self harm reduction and suicide prevention

supporting a young person who is self harming feels like a minefield why are they doing it and why can't they just stop self harm goes against every innate instinct of self protection and survival and remains a distressing and difficult issue for parents and carers uncovering the wide and varied reasons and ways young people self harm this book offers fresh insights into how to prevent understand and respond to self harm with 20 years experience in the latest research michelle mitchell combines interviews expert advice and personal stories in one unique resource to provide parents and carers with the practical help and comfort they need michelle mitchell is an educator author and award winning speaker with a passion for supporting families having left teaching in 2000 mitchell founded youth excel a charity supporting young people with life skills education mentoring and psychological services bringing hands on experience in the health and wellbeing sector she is now the author of the bestselling self help books self harm why teens do it and what parents can do to help and everyday resilience helping kids handle friendship drama academic pressure and the self doubt of growing up she lives in brisbane australia

with her husband and two teenagers

self harm is a serious problem with potentially long term or even deadly consequences from the author of don't let your emotions run your life for teens this workbook outlines the four essential skills of dialectical behavior therapy dbt to help teens regulate emotions make behavioral changes and cultivate resilience using the evidence based tools in this guide teen readers can put an end to self harming behaviors and build the life they truly want

what is self harm and what causes it learn the terms and concepts related to this type of behavior non suicidal self injury has been in existence to some extent for centuries today the practices are increasing in terms of the number of people engaging in this often baffling behavior by the use of accessible language rich descriptions of concepts and realistic case examples cutting and self harm seeks to demystify these behaviors that afflict self injuring individuals and negatively impact their family members and friends author chris simpson phd has written and presented on the subject of self harm since 2001 he begins the book by answering the question what is cutting and self harm and how does it occur and by explaining important terms and concepts related to the behavior he then covers current controversies about self harming behaviors and addresses frequently confusing topics such as the contributing factors to self injury psychopharmacological treatment of the behavior and the use of group therapeutic approaches in treatment facilities the final section of the book presents additional resources for those impacted by self injury

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

in freedom from self harm two psychologists specializing in self injury treatment present a program based in acceptance and commitment therapy act and dialectical behavior therapy dbt for overcoming cutting and other self harming behaviors readers learn coping skills for handling difficult emotions and urges to injure themselves

this volume was first published by inter disciplinary press in 2015 ethnographic and non ethnographic approaches to suicide and self harming are explored in this volume with contributions from authors withr research teaching and practical

experience in the field of suicide usually seen as a solution a response to the collapse of hopes plans and expectations and a complex death phenomenon surrounded by fear and taboo this volume attempts to add to little empirical research on suicide and self harm as the fastest growing behavioural problem amongst teenagers and adolescents

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

a book written by experts in the field its comprehensive coverage touches all the main areas of importance to those needing to understand and respond to one of the most pressing contemporary challenges in public mental health as part of the oxford psychiatry library series this book covers topics such as the nature of self harm who it affects and the reasons for self harm especially in the young and in females the important risk factors individual interpersonal and societal are identified and reviewed chapters on how to respond to individuals who self harm cover the essentials of assessment self management and brief interventions that may require specialist involvement population level approaches to prevention are covered as is intervention in special settings such as schools and prisons modern developments in the online world are also recognized as potential risks but also as potential resources the challenges for those working in low income settings are acknowledged and discussed each chapter is informed by the latest research while remaining practical in its focus with the key topics illustrated by real world examples while the book is aimed primarily at those working in health or social care it is written in a style that will be accessible to many other professionals who are likely to encounter self harm including those working in education and with young people in community settings further reading offers practical guides for the interested professional who wants useful advice in an accessible format

the first book on self harm written for parents by parents are you concerned that your child may be self harming are you wondering what to do for the best do you need more information and help if so this is the book for you an ever increasing number of young people are turning to self harm in order to cope with the pressures of modern living and this poses a huge problem for parents and others who care for them this book provides the answers you need to questions such as how do i know for sure whether my child is self harming how should i approach my child what help and treatment is available to us what can i do to help my child how have other parents coped full of the real life experiences of other parents who have been there this is a practical book that will both inform and equip you to help your child and yourself through this difficult time

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 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

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 orga

the aesthetics of self harm presents a new approach to understanding parasuicidal behaviour based upon an examination of online communities that promote performances of self harm in the pursuit of an idealised beauty the book considers how online communities provide a significant level of support for self harmers and focuses on relevant case studies to establish a new model for the comprehension of the online supportive community to do so alderton explores discussions of self harm and disordered eating on social networks she examines aesthetic trends that contextualise harmful behavior and help people to perform feelings of sadness and vulnerability online alderton argues that the traditional understanding of self violence through medical discourse is important but that it misses vital elements of human group activity and the motivating forces of visual imagery covering psychiatry and psychology rhetoric and sociology this book provides essential reading for psychologists sociologists and anthropologists exploring group dynamics and ritual and rhetoricians who are concerned with the communicative powers of images it should also be of great interest to medical professionals dealing with self harming patients

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