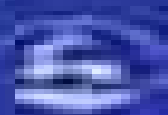


Hidden Self-Harm

Narrative research from a Dialectical Behavior Therapy perspective

Allyson Jung



Hidden Selfharm Narratives From Psychotherapy

Christiane Sanderson



Hidden Selfharm Narratives From Psychotherapy:

Hidden Self-Harm Maggie Turp,2002-11-10 The book takes a new look at self harm focusing particularly on the under explored area of hidden self harming behaviour These behaviours may not be immediately identifiable as self harm by counsellors therapists or their clients but Turp shows how recognition and understanding of hidden self harm can improve practice with those affected

Hidden Self-harm Maggie Turp,2002-11-01 The book takes a new look at self harm focusing particularly on the under explored area of hidden self harming behaviour These behaviours may not be immediately identifiable as self harm by counsellors therapists or their clients but Turp shows how recognition and understanding of hidden self harm can improve practice with those affected

Challenges in Counselling: Self-Harm Andrew Reeves,2013-06-21 Home in on the common problems and anxieties your students are likely to encounter in this notoriously difficult area of counselling Working as a counsellor carries a high likelihood of working with clients who self harm This resource allows your students to develop and carefully reflect upon their understanding of self harm and the different ways in which counsellors respond to it Providing professional support throughout this book contextualises many of the difficult situations and anxieties your students may face when working in this area

Working With Self Harm and Suicidal Behaviour Louise Doyle,Brian Keogh,Jean Morrissey,2015-03-04 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

Self-Harm in New Woman Writing Alexandra Gray,2017-10-04 Self Harm in New Woman Writing offers a trans disciplinary study of Victorian literature culture and medicine through engagement with the recurrent trope of self harm in writing by and about the British New Woman

Healing the Hurt Within 3rd Edition Jan Sutton,2007-11-12 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 resources case studies expert testimonies and practical self help activities The author s warmth compassion and

regard for those caught in the cycle of self injury shines through the pages of this profoundly enlightening and extensively updated 3rd edition *Healing the Hurt Within* offers solace hope and direction to those who self injure guidance to family and friends supporting a loved one who self injures and guidelines to professionals and voluntary caregivers on how to respond to clients that self injure [Relating to Self-Harm and Suicide](#) Stephen Briggs,Alessandra Lemma,William Crouch,2009-05-07 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 **Psychiatric and Mental Health Nursing** Mary Chambers,2017-04-07 This new edition of a bestselling evidence based textbook provides a comprehensive overview of psychiatric and mental health nursing Keeping service users and their recovery at the centre of care the holistic approach will help nurses to gain the tools and understanding required to work in this complex area Extensively updated for this new edition the text looks at Aspects of mental health nursing covering topics such as ethics developing therapeutic relationships and supervision The foundations of mental health nursing discussing diagnosis assessment and risk Caring for those experiencing mental health distress looking at wide range of troubles including anxiety bipolar disorder eating disorders and issues around sexuality and gender Care planning and approaches to therapeutic practice exploring ideas pathways and treatments such as recovery CBT psychodynamic therapies and psychopharmacology Services and support for those with mental health distress covering topics such as collaborative work involvement of service users and their families and carers and a range of different mental healthcare settings Mental health nursing in the twenty first century highlighting emerging and future trends including the political landscape physical health and health promotion and technological advances This accessible and comprehensive textbook integrates service user perspectives throughout and includes student friendly features such as learning outcomes key points summaries reflection points and further reading sections It is an essential resource for all mental health nursing students as well as an invaluable reference for practising nurses [Fundamentals of Mental Health Nursing](#) Andrew Clifton,Steve Hemingway,Anne Felton,Gemma Stacey,2017-08-25 *Fundamentals of Mental Health Nursing* is an accessible evidence based introduction to the role of the mental health nurse This comprehensive overview explores concepts of mental health and distress ethics and

accountability key nursing models to be aware of and the prevalence predisposing factors and features of the most commonly occurring mental health problems

KEY FEATURES Places mental health conditions and interventions within a wider holistic context Situates recovery at the centre of mental health nursing practice Links key concepts to mental health across the lifespan Contains learning outcomes in each chapter and includes vignettes activities and reflective exercises to root concepts in real life practice Information is placed in a practice context from the outset making this an essential guide to both the theory and the practice of mental health nursing It is ideal for students on courses relating to mental health care as well as for registered nurses and health care practitioners looking to revise their knowledge of key concepts www.wiley.com/go/fundamentalsofmentalhealth Interactive multiple choice questions Links to online resources Chapter summary sheets

Counselling Adult Survivors of Child Sexual Abuse Christiane Sanderson, 2006-06-15 This updated and expanded edition provides comprehensive coverage of the theory and practice of counselling survivors of child sexual abuse CSA In a reasoned and thoughtful approach this book honestly addresses the complex issues in this important area of work providing practical strategies valuable and new insights for counsellors

Cutting it Out Carolyn Smith, Maggie Turp, 2006 This is a largely autobiographical account of a young woman's battle with self harm It explores the complex nature of her relationship with the therapist her initial resistance to recovery and her progression towards self knowledge and taking responsibility for her own actions

Working with Risk in Counselling and Psychotherapy Andrew Reeves, 2015-01-12 The wide ranging contexts in which counselling and psychotherapy is now practiced means clients present with a range of risks that therapists have to respond to Risk is an ever present issue for counsellors and psychotherapists and in an increasingly litigious culture the need for trainees to develop a sound understanding of how the right tools and the right knowledge can support their practice has never been greater In this book Andrew Reeves takes trainees newly qualified practitioners and more experienced practitioners step by step through what is meant by risk offering practical hints and tips and links to policy and research to inform good ethical practice along the way This book tackles The definition of risk and how risk is linked to social psychological and relational factors Working with those who are at risk of suicide self injury self harm and or are an endangerment to others How therapists should respond to the risk in situations involving child protection mental health crises and in the therapeutic process itself The positive side of risk taking How counsellors and psychotherapists can work with risk proactively and positively informed by research Filled with case studies ethical dilemmas reflective questions discussion questions and further reading this book offers counsellors and psychotherapists guidance on how they can work with risk proactively and positively It is an essential resource for all services organisations and individual practitioners

Psychodynamic Counselling with Children and Young People Sue Kegerreis, 2009-12-18 Introducing key psychodynamic theory concepts and techniques this text examines the challenges and opportunities of counselling adolescents and children The book explores a wide variety of settings and contexts from schools to community projects and

mental health services It is an invaluable guide for counsellors and therapists at all levels Client Issues in Counselling and Psychotherapy Janet Tolan, Paul Wilkins, 2011-11-10 This is the first book to focus on commonly occurring client issues and explore how to work with them from a person centred perspective Extensive case studies translate person centred theory into effective practice enabling therapists to work successfully with clients presenting a variety of different problems including Post Traumatic Stress Depression Panic and Anxiety Drug and Alcohol Issues Eating difficulties Self harm Childhood Sexual Abuse Each chapter covers the origin and meaning of the difficulty the person centred therapeutic approach and process and the outcomes Drawing from a combined 50 years of experience in the field Paul Wilkins and Janet Tolan bring together leading person centred therapists to address how and why each problem can be eased by means of working with the person This book should be on the desk of every counselling and psychotherapy trainee and is recommended reading for other practitioners of health and social care working with these client groups **By Their Own Young Hand** Keith Hawton, Karen Rodham, Emma Evans, 2006 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 The Tender Cut Patricia A. Adler, Peter Adler, 2011 Cutting burning branding and bone breaking are all types of self injury or the deliberate non suicidal destruction of one's own body tissue a practice that emerged from obscurity in the 1990s and spread dramatically as a typical behavior among adolescents Long considered a suicidal gesture The Tender Cut argues instead that self injury is often a coping mechanism a form of teenage angst an expression of group membership and a type of rebellion converting unbearable emotional pain into manageable physical pain Based on the largest qualitative non clinical population of self injurers ever gathered noted ethnographers Patricia and Peter Adler draw on 150 interviews with self injurers from all over the world along with 30 000 40 000 internet posts in chat rooms and communications Their 10 year longitudinal research follows the practice of self injury from its early days when people engaged in it alone and did not know others to the present where a subculture has formed via cyberspace that shares similar norms values lore vocabulary and interests An important portrait of a troubling behavior The Tender Cut illuminates the meaning of self injury in the 21st century its effects on current and former users and its future as a practice for self discovery or a cry for help Art Therapy and Anger Marian Liebmann, 2008-06-15 This book demonstrates how the non verbal medium of art therapy provides an ideal outlet for the expression of thoughts and feelings that are too complex and painful to put into words presenting a new and practical approach to dealing with this area of need Marian Liebmann argues that clients of all ages will benefit from the art making process Understanding and Working with People with Learning Disabilities who Self-injure Pauline Heslop, Andrew Lovell, 2012-11-15 This book looks at ways of improving care provision for people with learning disabilities who self injure The first part of the book sets out the theories behind psychological approaches to understanding self injury

and in the second half case studies and practice pointers propose ways of improving direct care **Psychodynamics of Writing** Martin Weegmann,2018-08-06 Psychoanalysis is often referred to a talking cure but in this fascinating book it is the art of writing that is discussed and explored Including contributions from a selection of leading therapists the book shines a psychoanalytic light on the very process through which the discipline is described It includes chapters on the idea of creativity the issues around a therapist s subjectivity the challenges of describing trauma as well as those of co authorship Psychodynamics of Writing will appeal to clinicians therapists and anyone interested in what the process of writing means

Little Girl Lost L. Pahlson- Moller,2006-01-01 by Lovisa Pahlson Moller Published 2006 Pages 200 Description Little Girl Lost is a wonderful and moving account of a young woman s successful battle with self harm and borderline personality disorder Lovisa first self harmed at the age of six and survived boot camp before becoming part of the psychiatric system Little Girl Lost combines an intelligent creative mix of diary writing with powerful poems taking the reader through a roller coaster of emotions It is an honest interesting and touching book She gives us some insight into her desire for acceptance for being herself You can relate to her feelings About the Author The author spent a period of time in hospital She used to harm herself and hear voices Her aim is to reach out to others and be accepted Book Extract Ever felt sad and been so down that to carry a smile is impossible Has time ever stopped without a reasonable explanation Where a few hours could have passed or even a day and there is no memory of how you spent that time of blackness Is your best friend or dearest enemy a disfigured shadow Something your mind has created and others cannot see or hear Have you ever placed your life in a bottle of pills Can you not tell the difference from a dream or reality Do your emotions reflect from the blade of a knife Have you ever felt sadness in others joy or joy in your own pain Ever not feared death but life itself I have this is my life welcome to my world

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