# **BOOKS SELF HARM**



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# **Bodily Harm The Breakthrough Healing Program For Self**

Karen Conterio is the Administrative Director of S.A.F.E. (Self-Abuse Finally Ends) Alternatives. The program was founded by Conterio in 1984 as the first outpatient support group for those who engage in repetitive self-harm behavior.

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Self-harm is not typically suicidal behaviour, although there is the possibility that a self-inflicted injury may result in life-threatening damage. Although the person may not recognise the connection, self-harm often becomes a response to profound and overwhelming emotional pain that cannot be resolved in a more functional way.

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