

Helping teens who cut - understanding and ending self-injury

Guilford Press - **Helping Teens Who Cut : Using DBT Skills to End Self**



Description: -

- Self-mutilation in adolescence -- Popular works
 - **Helping teens who cut - understanding and ending self-injury**
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- Notes: Includes bibliographical references and index.
This edition was published in 2008



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Helping Teens Who Cut, First Edition: Understanding and Ending Self

Hollander's compassion and knowledge stem from years of experience with families.

Why Teenagers Cut, and How to Help

The first half was good but then it really focuses on dbt, too much in my opinion. Incorporating the latest research, the second edition offers a deeper understanding of the causes of self-injury and includes new DBT skills.

Helping Teens who Cut: Understanding and Ending Self

It's hard but it will eventually work. It uses casual language while still being informative. I don't know what to do anymore.

Helping Teens Who Cut, First Edition: Understanding and Ending Self

Trust me, guys, it's really not worth it. One of the best resources out there on self-harm! This type of self-harm is known as non-suicidal self-injury (NSSI), which by definition is the deliberate, intentional damage to one's body tissue without the intention of dying.

Helping Teens Who Cut Understanding And Ending Self Injury Helping Teens PDF Book

Just wish I could remember to use this wisdom when I'm emotionally overwrought.

Helping Teens Who Cut, First Edition: Understanding and Ending Self

Hollander is wise and empathic. .

Why Do Teens Cut and What Can Parents Do To Help?

Self-injury, which includes cutting, punching, burning, and other practices intended to hurt oneself, is often used to regulate overwhelming emotions, experts say. In the second edition of his essential book, he provides hopeful, practical treatment recommendations based on the latest science. This is a group of highly-emotional and sensitive adolescents who frequently feel things more intensely than their peers, but that doesn't necessarily distinguish who would engage in self-injury.

7 helpful resources for teen self harm

You still get that numbing sensation.

Related Books

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- [Depressed child and adolescent - developmental and clinical perspectives](#)
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