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Cutting

Understanding
and Overcoming
Self-Mutilation

STEVEN LEVENKRON

Updated with a new introduction and epilogue

Cutting Understanding And Overcoming Self Mutilation

Judy Dodge Cummings



Cutting Understanding And Overcoming Self Mutilation:

Cutting Steven Levenkron,1998 Understanding and overcoming self mutilation Cutting: Understanding and Overcoming Self-Mutilation Steven Levenkron,2006-05-30 Provides a psychological profile of the self mutilator describes the circumstances under which the problem arises and suggests possible treatments Cutting Steven Levenkron,2013-12-09 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 mutilation as a comprehensible treatable disorder no longer to be evaded by the public and neglected by professionals Using copious examples from his practice Steven Levenkron traces the factors that predispose a personality to self mutilation genetics family experience childhood trauma and parental behavior Written for sufferers parents friends and therapists Cutting explains why the disorder manifests in self harming behaviors and describes how patients can be helped **Cutting** Steven Levenkron,1999-03-01 Provides a psychological profile of the self mutilator describes the circumstances under which the problem arises and suggests possible treatments

Hope and Healing for Kids Who Cut Marv Penner,2009-05-26 You may have noticed them the kids who are hiding their pain under long sleeves or wristbands Or you might never notice them the ones who seem to have life together except for the deep secret that they keep hidden beneath their clothes This is no longer a fringe issue that occurs only in the most extreme cases The truth is that many teens today are dealing with their emotional pain by inflicting physical pain upon themselves whether we can see it on the surface or not While we may never fully understand the motives behind self mutilation and cutting we can begin to understand why some teens cut and more importantly we can learn how to help Hope and Healing for Kids Who Cut will take you into the world of self injury defining what it is and what it is not You ll hear stories from teens and young adults who struggle with the urge to hurt themselves and you ll learn to recognize the signs of self injury In addition counselor and professor Marv Penner will help you understand the cycle of addiction that has become everyday life for so many hurting teens and he ll give you the tools and wisdom to help a self injurer find hope and healing Whether you know someone who is cutting or you are struggling with this addiction yourself Hope and Healing for Kids Who Cut is something you want to have in your first aid kit

Cutting and Self-Harm Chris Simpson Ph.D.,2015-09-29 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

Self-Injury Judy Dodge Cummings,2015-07-02 Life as a teenager can be tough Pressures from school expectations from parents fitting in with peers and facing self doubt are just a few things that can weigh heavily on a teen s shoulders While some young adults seem to thrive on adversity others wilt under the strain and opt for less productive means of coping Millions of American teenagers and college students deliberately injure themselves as a way of handling stress They cut burn break and poison their bodies seeking physical pain as a means to avoid emotional pain In Self Injury The Ultimate Teen Guide Judy Dodge Cummings tackles this serious subject offering hope for young adults everywhere In this book Cummings defines self injury as it is understood by the medical community and examines the causes of self harm The author shares the stories of several young women and men to help explain what types of people are most affected by this disorder Topics covered in this book include Who is most prone to self injury Internal and external triggers to self harm The impact of social media and the Internet on this issue Obvious and subtle signs of self harm Coping mechanisms Resources for individuals Aimed at teens who need to find healthier ways to handle the pressures of everyday life this book will also assist friends and families who want to help their loved ones Weaved throughout the chapters are first person accounts of teens who intentionally hurt themselves and their stories will help others understand they are not alone Providing paths to recovery Self Injury The Ultimate Teen Guide is a valuable resource for anyone who wants to break free from self destructive behavior

Self-Injury in Youth Mary K. Nixon,Nancy L. Heath,2008-07-11 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

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

Women Living With Self-Injury Jane Hyman,2010-06-17 A compassionate view of a stigmatized condition

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Table of Contents Cutting Understanding And Overcoming Self Mutilation

1. Understanding the eBook Cutting Understanding And Overcoming Self Mutilation
 - The Rise of Digital Reading Cutting Understanding And Overcoming Self Mutilation
 - Advantages of eBooks Over Traditional Books
2. Identifying Cutting Understanding And Overcoming Self Mutilation
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Cutting Understanding And Overcoming Self Mutilation
 - User-Friendly Interface
4. Exploring eBook Recommendations from Cutting Understanding And Overcoming Self Mutilation
 - Personalized Recommendations

- Cutting Understanding And Overcoming Self Mutilation User Reviews and Ratings
- Cutting Understanding And Overcoming Self Mutilation and Bestseller Lists
- 5. Accessing Cutting Understanding And Overcoming Self Mutilation Free and Paid eBooks
 - Cutting Understanding And Overcoming Self Mutilation Public Domain eBooks
 - Cutting Understanding And Overcoming Self Mutilation eBook Subscription Services
 - Cutting Understanding And Overcoming Self Mutilation Budget-Friendly Options
- 6. Navigating Cutting Understanding And Overcoming Self Mutilation eBook Formats
 - ePub, PDF, MOBI, and More
 - Cutting Understanding And Overcoming Self Mutilation Compatibility with Devices
 - Cutting Understanding And Overcoming Self Mutilation Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Cutting Understanding And Overcoming Self Mutilation
 - Highlighting and Note-Taking Cutting Understanding And Overcoming Self Mutilation
 - Interactive Elements Cutting Understanding And Overcoming Self Mutilation
- 8. Staying Engaged with Cutting Understanding And Overcoming Self Mutilation
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Cutting Understanding And Overcoming Self Mutilation
- 9. Balancing eBooks and Physical Books Cutting Understanding And Overcoming Self Mutilation
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Cutting Understanding And Overcoming Self Mutilation
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Cutting Understanding And Overcoming Self Mutilation
 - Setting Reading Goals Cutting Understanding And Overcoming Self Mutilation
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Cutting Understanding And Overcoming Self Mutilation
 - Fact-Checking eBook Content of Cutting Understanding And Overcoming Self Mutilation

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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