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Teen Self-Injury

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A Bright Red Scream

*Bodies Under
Siege Self
Mutilation In
Culture And
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GRIFFIN BRAYLON

Teen Self-Injury Simon
and Schuster

This book offers an erudite yet highly accessible exploration of the presence of sexual perversion in popular culture and its manifestation in everyday life. • A bibliography of over 400 reference-text-based items including books, journal articles, and news items • A media reference list of over 100 films, 100 songs, and 75 television programs referred to in the text
[Identifying, Assessing, and Treating Self-Injury at School](#) Springer Science & Business Media

"I highly recommend [A Bright Red Scream], because it's beautifully written and . . . so candid." —Amy Adams, star of HBO's *Sharp Objects* in *Entertainment Weekly* Self-mutilation is a behavior so shocking that it is almost never discussed. Yet estimates are that upwards of eight million Americans are chronic self-injurers. They are people who use knives, razor blades, or broken glass to cut themselves. Their

numbers include the actor Johnny Depp, *Girl Interrupted* author Susanna Kaysen, and the late Princess Diana.

Mistakenly viewed as suicide attempts or senseless masochism—even by many health professionals—"cutting" is actually a complex means of coping with emotional pain. Marilee Strong explores this hidden epidemic through case studies, startling new research from psychologists, trauma experts, and neuroscientists, and the heartbreaking insights of cutters themselves—who range from troubled teenagers to middle-age professionals to grandparents. Strong explains what factors lead to self-mutilation, why cutting helps people manage overwhelming fear and anxiety, and how cutters can heal both their internal and external wounds and break the self-destructive cycle. *A Bright Red Scream* is a groundbreaking, essential resource for victims of self-mutilation, their families, teachers, doctors, and therapists. *Healing Self-Injury* ABC-CLIO

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.

[Self-Harm](#) Reaktion Books
Subtle scars disappearing up a shirt sleeve, unexplained bruises, burn marks. As many as one out of every four young people engage in non-suicidal self-injury, defined as the deliberate destruction of body tissue without suicidal intent. Parents who uncover this alarming behavior are gripped by uncertainty and flooded with questions--why is my child doing this? Is this a suicide attempt? What did I do wrong? What can I do to stop it? And yet basic educational resources for parents with self-injuring children are sorely lacking. *Healing Self-Injury* provides desperately-needed guidance to parents and others who love a young person struggling with self-injury. First and foremost, adolescent psychologists Janis Whitlock and Elizabeth Lloyd-Richardson believe that parents must

appreciate how important their role is in their child's recovery; there is a lot that parents can do to support their self-injuring children. This book offers strategies for identifying and alleviating sources of distress in children's lives, improving family communication (particularly around emotions), and seeking professional help. Importantly, it also provides compassionate advice to parents with personal challenges of their own, explaining how these can impact the entire family. The book will help parents partner with their children to identify, build, and use skills that will assist them in recovering from self-injury. Vivid anecdotes drawn from the authors' extensive in-depth interviews with real families in recovery from self-injury put a human face on what for many families is a distressing and often isolating experience. *Healing Self-Injury* is a must-have for parents who want to assist in their child's recovery, as well as for anyone who lives with, works with, or cares about self-injuring youth and their families.

Part-Time Perverts: Sex, Pop Culture, and Kink

Management NYU Press
Intentional self-harm, often in the form of cutting one's self, is generally associated with emotional or mental distress, especially when observed among teens. When in pain, the human body releases calming endorphins, leading some to injure themselves to experience the endorphin euphoria. Self-harm is associated with mental health disorders such as borderline personality disorder, anorexia nervosa, and bulimia nervosa. And while those who engage in self-harm may not intend themselves any serious physical injury, such risky behavior can result in death. *Cutting and Self-Harm* discusses the most common types of self-injurious behavior, what they mean, how they can be treated, and how they can be prevented.

Chapters include: What Is Self-Harm? Who Engages In Self-Harm? Self-Harm and Mental Illness
Diagnosis and Treatment of Self-Harm
Prevention of Self-Harm

Treating Self-Injury
Springer

A guide to the treatment and phenomenon of self-mutilation addresses the disorder as an understandable and

treatable condition, drawing on extensive examples to identify causes, available resources, and medical options.

Self-Injury in Youth
Routledge

Favazza critically assesses new and significant biological, ethnological, social, and psychological findings regarding self-injury; presents current understandings of self-injurious acts from cultural and clinical perspectives; and places self-mutilation in historical and contemporary context.

McGraw-Hill Education
(UK)

This handbook provides a comprehensive summary of the most important and exciting advances in our understanding of suicide and self-injury and our ability to predict and prevent it.

Cutting and Self-Harm
Routledge

What is self-harm and what causes it? Learn the terms and concepts related to this type of behavior. Provides an in-depth history of self-harm behavior that provides a relatable perspective for the reader Offers realistic and common case samples that promote better understanding Explains how anyone

concerned about a self-injurious loved one can best confront the behavior and offers tips on how to provide support Devotes significant attention to controversial areas such as the prevalence of self-injury in school settings, addresses the use of psychopharmacology in treating the behavior, and gives an overview of effective techniques for treatment

Cutting and Self-Harm, Second Edition W. W.

Norton & Company
Non-suicidal self-injury (NSSI) is the deliberate harming of one's body without suicidal intent. NSSI tends to be secretive, often involving cutting, bruising, or burning on hidden parts of the body. While NSSI often occurs among adolescents, it is not limited to that age group. Communication and NSSI intersect in many ways, including conversation among family members, consultation with healthcare providers, representation in the media, discourse among people who self-injure, and even communication with oneself. Each chapter in *Communicating With, About, and Through Self-Harm: Scarred Discourse* addresses a different context of communication

crucial to our understanding NSSI. An international group of clinicians and communication specialists describe, analyze, and explain how NSSI is communicated about, what NSSI is communicating, and how can we do a better job in communicating with others about NSSI. This book's fundamental purpose is to empower individuals who self-injure as well as their families, friends, healthcare providers, and communities to better understand and deal with NSSI and the pressures that cause it.

Self-Harm Behavior and Eating Disorders Bodies under Siege

This book looks at the causes of why teens turn to self-injury and the different ways that young adults resort to this harmful form of expression. The book also offers advice for family and friends on what signs to look for when they suspect someone is injuring themselves.

Self-Injurious Behaviors BRILL

This trusted practitioner resource is acclaimed for its clear, compassionate, and hopeful approach to working with clients who self-injure. Barent Walsh

provides current, evidence-based knowledge about the variety and causes of self-injurious behavior, its relationship to suicidality, and how to assess and treat it effectively.

Illustrated with detailed case examples, chapters review a wide range of cognitive-behavioral interventions. Essential guidance is provided on tailoring the intensity of intervention to each client's unique needs.

Walsh is joined by several colleagues who have contributed chapters in their respective areas of expertise. Reproducible assessment tools and handouts can be downloaded and printed in a convenient 8 1/2" x 11" size. New to This Edition *Incorporates up-to-date research and clinical advances. *Now uses a stepped-care framework to match interventions to client needs. *Chapters on the relationship between suicide and self-injury, formal assessment, family therapy, and residential treatment for adolescents. *Special-topic chapters on the "choking game," foreign body ingestion, multiple self-harm behaviors, and self-injury in correctional settings. Cutting: Understanding

and Overcoming Self-Mutilation Springer

Publishing Company

It's a troubling phenomenon that many of us think of as a modern psychological epidemic, a symptom of extreme emotional turmoil in young people, especially young women: cutting and self-harm. But few of us know that it was 150 years ago—with the introduction of institutional asylum psychiatry—that self-mutilation was first described as a category of behavior, which psychiatrists, and later psychologists and social workers, attempted to understand. With care and focus, *Psyche on the Skin* tells the secret but necessary history of self-harm from the 1860s to the present, showing just how deeply entrenched this practice is in human culture. Sarah Chaney looks at many different kinds of self-injurious acts, including sexual self-mutilation and hysterical malingering in the late Victorian period, self-marking religious sects, and self-mutilation and self-destruction in art, music, and popular culture. As she shows, while self-harm is a widespread phenomenon found in many different

contexts, it doesn't necessarily have any kind of universal meaning—it always has to be understood within the historical and cultural context that surrounds it. Bravely sharing her own personal experiences with self-harm and placing them within its wider history, Chaney offers a sensitive but engaging account—supported with powerful images—that challenges the misconceptions and controversies that surround this often misunderstood phenomenon. The result is crucial reading for therapists and other professionals in the field, as well as those affected by this emotive, challenging act. *Assessment and Treatment of Non-Suicidal Self-Injury* ABDO Nonsuicidal self-injury (NSSI) is a baffling, troubling, and hard to treat phenomenon that has increased markedly in recent years. Key issues in diagnosing and treating NSSI adequately include differentiating it from attempted suicide and other mental disorders, as well as understanding the motivations for self-injury and the context in which it occurs. This accessible and practical book

provides therapists and students with a clear understanding of these key issues, as well as of suitable assessment techniques. It then goes on to delineate research-informed treatment approaches for NSSI, with an emphasis on functional assessment, emotion regulation, and problem solving, including motivational interviewing, interpersonal skills, CBT, DBT, behavioral management strategies, delay behaviors, exercise, family therapy, risk management, and medication, as well as how to successfully combine methods. *Exploring Ethnographic and Non-Ethnographic Approaches of Suicide and Self-Harm* Oxford Library of Psychology In this truly comprehensive guide, Dr. D'Onofrio approaches the topic of how first-responders, such as teachers, coaches, social workers, guidance counselors, and campus health counselors, can and do treat adolescent self-injury. From examinations of the core social and emotional issues related to self-injury to the integration of understanding with practice, everything needed for

comprehensive care is detailed in this volume. Each part of the book focuses on a basic topic, such as what constitutes self-injury, the foundations for self-injury, and how to engage an adolescent with these issues. Each issue is presented in straightforward chapters that are immediately accessible to those who are currently struggling to address this growing trend among teens. The chapters within each part delve into how to recognize, treat, and approach this illness and incorporate first-person stories from psychologists, teachers, and adolescents themselves.

Bodies Under Siege

Lexington Books

Although instances of deliberate skin-cutting are recorded as far back as the old and New Testaments of the Bible the behavior has generally been regarded as a symptom of various mental disorders. With the publication of *Bodies Under Siege*, a book described in the *New York Times Magazine* (July 17, 1997) as "the first to comprehensively explore self-mutilation," Dr. Armando Favazza has pioneered the study of the

behavior as significant and meaningful unto itself. Drawing from the latest case studies from clinical psychiatry he broadens our understanding of self-mutilation and body modification and explores their surprising connections to the elemental experiences of healing, religions, salvation, and social balance. Favazza makes sense out of seemingly senseless self-mutilative behaviors by providing both a useful classification and examination of the ways in which the behaviors provide effective but temporary relief from troublesome symptoms such as overwhelming anxiety, racing thoughts, and depersonalization. He offers important new information on the psychology and biology of self-mutilation, the link between self-mutilation and eating disorders, and advances in treatment. An epilogue by Fakir Musafar, the father of the Modern Primitive movement, describes his role in influencing a new generation to "experiment with the previously forbidden 'body side' of life" through piercing, blood rituals, scarification, and body sculpting in

order to attain a state of grace. The second edition of *Bodies Under Siege* is the major source of information about self-mutilation, a much misunderstood behavior that is now coming into public awareness.

Communicating With, About, and Through Self-Harm Jason Aronson, Incorporated

Offers advice and strategies for successful and effective parenting, from building character, confidence, and trust to establishing authority.

Understanding Nonsuicidal Self-injury

Routledge

Every year thousands of children and young people attend emergency departments with problems resulting from self-harm. This title provides practical guidance for health professionals and other members of the children's workforce who are confronted by this complex and difficult area. It looks at what we mean by self-harm and its prevalence.

When the Body Is the Target Jessica Kingsley Publishers

In this perceptive work, Dr. Robin Connors offers helpful guidelines to clinicians that will improve their capacity to respond

in a direct, effective, and respectful way to people who self-injure. Key to this work is understanding the function of self-inflicted violence and its relationship to unresolved traumas and losses,

including the role of trauma in disrupting the formation of the self-boundary. Dr. Connors identifies fundamental therapeutic tasks, gives clear examples of interventions, and offers

concrete recommendations for interacting with patients about their self-injury. *Bodies under Siege*
Routledge
A compassionate view of a stigmatized condition.

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