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Helping Teens Who Cut

Using **DBT**[®] Skills to End Self-Injury

Michael Hollander, PhD

Helping Teens Who Cut Understanding And Ending Self Injury helping Teens

Michael Hollander



Helping Teens Who Cut Understanding And Ending Self Injuryhelping Teens:

Helping Teens Who Cut, Second Edition Michael Hollander,2017-01-17 Tens of thousands of worried parents have turned to this authoritative guide for the facts about the growing problem of teen self injury and what they can do to make it stop Michael Hollander is a leading expert on the most effective treatment approach for cutting dialectical behavior therapy DBT Vivid stories illustrate how out of control emotions lead some teens to hurt themselves how DBT can help and what other approaches can be beneficial Parents get practical strategies for talking to teens about self injury without making it worse teaching them specific skills to cope with extreme emotions in a healthier way finding the right therapist and managing family stress Incorporating the latest research the revised edition offers a deeper understanding of the causes of self injury and includes new DBT skills

Helping Teens Who Cut, First Edition Michael Hollander,2008-06-11 Discovering that your teen cuts is absolutely terrifying Is your teen contemplating suicide How can you talk to him or her about this frightening problem without making it worse or driving a wedge between you Dr Michael Hollander is a leading authority on self injury and dialectical behavior therapy DBT In this compassionate straightforward book Dr Hollander spells out the facts about cutting and what to do to make it stop Vivid stories illustrate how out of control emotions lead some teens to hurt themselves and how proven treatments such as DBT can help You ll learn concrete strategies for parenting your emotionally vulnerable teen building his or her skills for coping and problem solving dealing with crises and finding an effective therapist or treatment program Winner American Journal of Nursing Book of the Year Award

Helping Teens Who Cut, Second Edition Michael Hollander,2016 Discovering that your teen cuts is every parent s nightmare Your most urgent question is How can I make it stop Tens of thousands of worried parents have turned to this authoritative guide for information and practical guidance about the growing problem of teen self injury Dr Michael Hollander is a leading expert on dialectical behavior therapy DBT the most effective treatment approach for cutting Vivid stories illustrate how out of control emotions lead some teens to hurt themselves how DBT can help and what other approaches can be beneficial You ll learn practical strategie

Helping Teens who Cut Michael Hollander,2008-06-10 Explains why overwhelming emotions can lead some teenagers to cut or injure themselves demonstrates how to talk to teenagers about cutting and provides ways to help them cope with extreme emotions without resorting to self injury

Helping Teens Who Cut, Second Edition Michael Hollander,2017-01-16 Discovering that your teen cuts is every parent s nightmare Your most urgent question is How can I make it stop Tens of thousands of worried parents have turned to this authoritative guide for information and practical guidance about the growing problem of teen self injury Dr Michael Hollander is a leading expert on dialectical behavior therapy DBT the most effective treatment approach for cutting Vivid stories illustrate how out of control emotions lead some teens to hurt themselves how DBT can help and what other approaches can be beneficial You ll learn practical strategies for talking to teens about self injury without making it worse teaching them skills to cope with extreme emotions in a healthier

way finding the right therapist and helping reduce stress for your whole family Incorporating the latest research the second edition offers a deeper understanding of the causes of self injury and includes new DBT skills **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 **Non-Suicidal Self-Injury** Kelly L. Wester, Heather C. Trepal,2016-12-19 Grounded in a wellness strengths based and developmental perspective *Non Suicidal Self Injury* is the ideal guide for counselors and other clinicians seeking to understand self injurious behaviors without pathologizing them The book covers topics not previously discussed in other works including working with families supervising counselors working with clients who self injure DSM 5 criteria regarding the NSSI diagnosis NSSI as a protective factor for preventing suicidal behavior and advocacy efforts around NSSI In each chapter clinicians will also find concrete tools including questions to ask psychoeducational handouts for clients and their families treatment handouts or treatment plans for counselors and more *Non Suicidal Self Injury* also includes real life voices of individuals who self injure as well as case vignettes to provide examples of how theoretical models or treatments discussed in this book immediately apply to practice **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 Digital Cocaine (eBook) Brad Huddleston,2016-01-15 What s the difference between half a line of cocaine and an hour playing a video game Nothing as far as your brain is concerned What can you do to be effective at multi tasking Nothing as far as your brain is concerned What do digital devices in the classroom contribute to focus and concentration Nothing as far as your brain is concerned In DIGITAL COCAINE Brad Huddleston will replace your confusion hesitancy and fear as it relates to the digital world with the facts that can make you and your family safer and more secure from page one Whether it s gaming pornography cyberbullying or the decline in grades you ll get a look inside your wonderful God designed brain to understand how it interacts with the exploding world of digital communication and how you can keep your family safe Your smartphone tablet and computer can be powerful tools to help you or not The choice is yours DIGITAL COCAINE gives you the power to make that choice **The Oxford Handbook of Suicide and Self-injury** Matthew Nock,2014 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 The Adolescent and Young Adult Self-harming Treatment Manual Matthew D. Selekman,2009 A detailed treatment protocol for working with self harming adolescents and young adults *Nonsuicidal Self-Injury* E. David Klonsky,Jennifer Muehlenkamp,Stephen P. Lewis,Barent Walsh,2011-01-01 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 *Teen Mental Health* Len Sperry,2022-09-27 This encyclopedia provides a concise introduction to the mental health topics of greatest concern to adolescents It offers young readers the information they need to better understand mental disorders and the importance of psychological well being Addressing mental illness and prioritizing psychological well being are important at any age but the teen years present unique challenges Hormonal changes peer pressure and the demands of school and a busy social life combined with many other factors put adolescents at high risk for mental health problems Certain disorders such as depression and anxiety are particularly prevalent in this age group as are risky behaviors

like substance abuse self harm and distracted driving Today s teens also face uniquely modern threats to their psychological well being such as Internet addiction and social media induced fear of missing out FOMO Yet there are also ample opportunities for adolescents to strengthen their mental health and resiliency through such practices as meditation activism and youth leadership Teen Mental Health An Encyclopedia of Issues and Solutions is a ready reference guide to the mental health topics that most affect the lives of American teens in the 21st century Entries are accessibly written and feature extensive cross referencing and helpful further reading lists This volume also offers a collection of recommended resources including a number of hotlines for teens in crisis **Healing Self-Injury** Janis Whitlock,Elizabeth E.

Lloyd-Richardson,2019-01-03 Parents who discover a teen s self injurious 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 **Mental Health and Mental Disorders** Len Sperry,2015-12-14 Serving as an indispensable resource for students and general interest readers alike this three volume work provides a comprehensive view of mental health that covers both mental well being and mental illness A three volume ready reference encyclopedia this up to date work supplies a holistic introduction to the fields of mental health and mental disorders that is written specifically for high school students and college students Covering the full continuum of mental health the set describes typical functioning including biology and neurology of the brain emotions and the traits and characteristics of mental well being It also addresses mental disorders and conditions from obsessive compulsive disorder OCD and post traumatic stress disorder PTSD to phobias and schizophrenia Mental Health and Mental Disorders An Encyclopedia of Conditions Treatments and Well Being highlights important concepts and phenomena key individuals treatment techniques organizations and diagnostic tools to give readers a complete view of this broad field of study It also investigates all sides of wellness exploring what it means to be normal and consistently identifying the links between lifestyle and mental health The encyclopedia is consistent with the goals of AP psychology curricula and addresses the various disorders classified in the new edition of the APA Diagnostic and Statistical Manual DSM V TR Making Sense of

Self-harm Peter Steggals,2015-10-05 Making Sense of Self Harm provides an alternative approach to understanding nonsuicidal self injury using Cultural Sociology to analyse it more as a practice than an illness and exploring it as a powerful cultural idiom of personal distress and social estrangement that is peculiarly resonant with the symbolic life of late modern society The Quick-Reference Guide to Addictions and Recovery Counseling Dr. Tim Clinton,Dr. Eric Scalise,2013-10-15 The newest addition to the popular Quick Reference Guide collection The Quick Reference Guide to Addictions and Recovery Counseling focuses on the widespread problem of addictions of all kinds It is an A Z guide for assisting pastors professional counselors and everyday believers to easily access a full array of information to aid them in formal and informal counseling

situations Each of the forty topics covered follows a helpful eight part outline and identifies 1 typical symptoms and patterns 2 definitions and key thoughts 3 questions to ask 4 directions for the conversation 5 action steps 6 biblical insights 7 prayer starters and 8 recommended resources

Untangled Lisa Damour, Ph.D., 2017-04-04 REVISED AND UPDATED IN 2025
NEW YORK TIMES BESTSELLER An award winning guide to the sometimes erratic and confusing behavior of teenage girls from the author of *Under Pressure* and *The Emotional Lives of Teenagers* now revised and updated with advice on social media use gender fluidity and drug use Dr Lisa Damour worked as an expert collaborator on Pixar's *Inside Out 2* The most down to earth readable parenting book I've come across in a long time The Washington Post In this sane highly engaging and informed guide for parents of daughters Dr Damour draws on decades of experience and the latest research to reveal the seven distinct and absolutely normal developmental transitions that turn girls into grown ups including Parting with Childhood Contending with Adult Authority Entering the Romantic World and Caring for Herself Providing realistic scenarios and welcome advice on how to engage daughters in smart constructive ways *Untangled* gives parents a broad framework for understanding their daughters while addressing their most common questions including My thirteen year old rolls her eyes when I try to talk to her and only does it more when I get angry with her about it How should I respond Do I tell my teen daughter that I'm checking her phone My daughter suffers from test anxiety What can I do to help her Where's the line between healthy eating and having an eating disorder My teenage daughter wants to know why I'm against pot when it's legal in some states What should I say My daughter's friend is cutting herself Do I call the girl's mother to let her know Perhaps most important *Untangled* helps mothers and fathers understand connect and grow with their daughters When parents know what makes their daughter tick they can embrace and enjoy the challenge of raising a healthy happy young woman BOOKS FOR A BETTER LIFE AWARD WINNER

Consultation and Mental Health Interventions in School Settings Ester Cole, Maria Kokai, 2021-11-30 Optimize the delivery of school psychology services with this book Presents a unique consultation and intervention model Interlinks primary secondary and tertiary prevention and intervention applications Addresses specific student and school level needs Online resources and handouts More about the book This volume written by leading psychology practitioners and academics has been designed to meet the ever growing challenges faced by educational systems to address the mental health learning and socialization needs of students Using a unique and comprehensive consultation and intervention model the chapters provide evidence based guidance that interlinks primary secondary and tertiary prevention and intervention applications that allow for systematic consultation planning and cost effective services The clear and easy to apply model is used to look at specific student needs that are commonly encountered in schools e.g depression ADHD giftedness and at issues that require school level interventions e.g diversity promoting resilience Practitioners will appreciate the numerous downloadable practical resources and tools for hands on applications that are available online to purchasers of the book This book is an invaluable resource for school psychologists and mental

health service providers as well as for academics involved in training pre service practitioners The materials for this book can be downloaded from the Hogrefe website after registration

Overcoming Passive-Aggression, Revised Edition Tim Murphy, Loriann Oberlin, 2016-10-25 In *Overcoming Passive Aggression* Dr Tim Murphy and Loriann Hoff Oberlin provide an in depth look at a topic we ve all faced but haven t always recognized Hidden anger When people don t express their views and feel compelled to conceal their true beliefs and emotions behaving in ways that don t match what they honestly think there can be serious physical and psychological results for everyone involved For the first time Murphy and Oberlin offer a clear definition of passive aggression and show readers not only how to end the behavior but also how to avoid falling victim to other people s hidden anger In clear compassionate language they cover everything from the childhood origins of the condition to the devastating effect it has on work and personal relationships to the latest research on the subject and offer practical proven strategies for the angry person as well as the individual who finds himself the target of someone else s passive aggression

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