

Contents

Preface	xiii
Acknowledgments	xix

Part I. The Nature and Paradox of Self-Injury

CHAPTER 1	Introduction: Self-Injury on the Frontlines	3
	Self-Injury: A New Symptom for Our Time	
	Self-Injury in the Public Eye	
	<i>Self-Injury on the Internet</i>	
	The Problem for Frontline Professionals	
	<i>Self-Injury and the School Counselor</i>	
	<i>Self-Injury and Student Services Professionals on the College Campus</i>	
	<i>Self-Injury and Health Care Professionals</i>	
	<i>Frontline Responders, Countertransference, and the Crisis of Confidence</i>	
	Summary and Conclusion	
CHAPTER 2	The Context and Features of Adolescent Self-Injury	19
	A Working Definition	
	What Constitutes Self-Injury?	
	<i>The Forms and Manifestations of Self-Injury</i>	
	<i>Diagnostic Classification</i>	
	<i>Prevalence</i>	
	GENDER DIFFERENCES	
	Sociocultural Contributing Factors	
	The Voice of Pain	
	Summary and Conclusion	

CHAPTER 3	The Experience of Trauma and the Foundations for Self-Injury	39
	Trauma as the Developmental Cornerstone for Self-Injury	
	Rethinking the Notion of Trauma	
	<i>Complex Trauma Defined</i>	
	<i>The Hidden Trauma of Faulty Attachment Relationships</i>	
	SECURE ATTACHMENT	
	INSECURE ATTACHMENT	
	MALTREATMENT AND THE INVALIDATION OF THE SELF	
	THE TURN TO THE BODY	
	Summary and Conclusion	
CHAPTER 4	The Developmental Effects of Complex Trauma	57
	Trauma and Self-Injury	
	Attachment	
	Biology	
	Affect Regulation	
	Dissociation	
	Behavioral Control	
	<i>Personality Disorders</i>	
	<i>Eating Disorders</i>	
	<i>Depression and Anxiety</i>	
	<i>Substance Use</i>	
	Cognition	
	Self-Concept	
	Summary and Conclusion	
CHAPTER 5	The Phenomenology of Self-Injury:	73
	The Attempt to Turn Pain Into Self-Healing	
	The Psychological Functions of Self-Injury	
	<i>Themes From Recent Empirical Research</i>	
	<i>Broad Functions of Self-Injury</i>	
	REGULATING AFFECT, SOOTHING EMOTIONAL WOUNDS, AND MANAGING DISSOCIATION	
	SEEKING MASTERY OVER PAIN AND PAST TRAUMA	
	COMMUNICATING PAIN, CONTROLLING OTHERS, AND SEEKING NURTURANCE	
	SECURING AND AUTHENTICATING A SENSE OF SELF	
	Summary and Conclusion	

Part II. Engagement, Assessment, and Treatment

CHAPTER 6	Engaging the Self-Injurer: Making Contact With the Person Behind the Behavior	91
	Roles for the Frontline Responder	
	The Primacy of Relationship	
	Appreciating the Wisdom of Resistance	
	What to Expect When Engaging Self-Injurers	
	<i>The Reluctance of the Self-Injurer to Self-Disclose</i>	
	<i>Extreme Forms of Relating</i>	
	<i>Challenging Affective States</i>	
	<i>Issues of Impulse Control</i>	
	<i>Behaviors Disruptive to Others in the Self-Injurer's Setting</i>	
	Establishing and Maintaining Appropriate Boundaries	
	Avoiding Unhelpful Responses and Developing a Posture of Care	
	<i>Unhelpful Responses</i>	
	DO NOT DEMAND THAT THE SELF-INJURIOUS BEHAVIOR STOP	
	DO NOT RESCUE OR "DO FOR" THE CLIENT WHAT SHE MIGHT NEED TO DO FOR HERSELF	
	DO NOT RESPOND FROM A REACTIVE PLACE OF SHOCK, FEAR, OR REVULSION	
	DO NOT ATTRIBUTE SELF-INJURY TO "MANIPULATION" AND RESPOND IN KIND	
	<i>On the Posture of Helpfulness and the Qualities of the Effective Helper</i>	
	Summary and Conclusion	
CHAPTER 7	Assessing Self-Injury and the Self-Injurious Adolescent	119
	Making First Contact	
	<i>Containment</i>	
	<i>Engagement</i>	
	ENGAGING SELF-INJURERS WHO HAVE BEEN REFERRED BY OTHERS	
	<i>Assessment</i>	
	<i>Planning Next Steps</i>	
	Conducting a Comprehensive Assessment	
	<i>Assessing the Nature, Function, and Severity of the Self-Injurious Behaviors</i>	
	<i>Distinguishing Self-Injury From Suicidality</i>	

Assessing for Other Risk Factors

ASSESSING FOR SUBSTANCE USE

ASSESSING FOR EATING-DISORDERED BEHAVIOR

ASSESSING FOR SITUATIONAL, PHYSICAL, AND SEXUAL
RISK TAKING

Assessment Instruments

Making Referrals

Summary and Conclusion

CHAPTER 8 From Self-Injury to Health: An Overview
of the Treatment Process 147

Developmentally Responsive Treatment

*Therapeutic Attachment, Affect Regulation, and
the Development of a Reflective Self*

Redressing Cognitive Distortions

BODY IMAGE WORK

Behavioral Interventions

Psychopharmacological Treatment

Family, Group, and Other Environmental Treatment Issues

FAMILY TREATMENT

GROUP TREATMENT

HOSPITALIZATION AND RESIDENTIAL TREATMENT

The Intangibles of Treatment

Summary and Conclusion

Part III. Creating Pathways to Care

CHAPTER 9 Managing Self-Injury in the School and on
the College Campus 177

Self-Injurers' Pathways to Care

Core Components of Response Protocols for Self-Injury

Guidelines for Responding to Students in Distress in Schools

WORKING WITH PARENTS

WORKING WITH TEACHERS AND OTHER SCHOOL PERSONNEL

WORKING WITH ADMINISTRATORS

*Guidelines for Responding to Students in Distress on the College
Campus*

The Problem of Contagion

On the Necessity of Teamwork

Summary and Conclusion

CHAPTER 10 Epilogue: A Voice of Hope in the Face of Suffering	197
Appendix I: Bill of Rights for People Who Self-Harm	201
Appendix II: Recommended Further Reading	204
Appendix III: Internet Resources	206
References	207
Index	217