Resources on Self-Injurious Behavior
Available at Connecticut Clearinghouse

Audiovisuals

Can You See My Pain? (VHS)
A documentary exploring the behaviors, causes and treatment strategies surrounding self-injury.

Dialectical Behavior Therapy For Adolescents With Multiple Problems (DVD)
Summary: In Dialectical Behavior Therapy for Adolescents With Multiple Problems, Alec L. Miller demonstrates this compassionate, principle-based therapy for clients who have difficulty regulating emotions and behaviors. Emotional dysregulation is common among adolescents, often leading them to self-injurious behavior, including suicide. Studies have shown that dialectical behavior therapy can significantly reduce suicide attempts and help adolescent clients deal with multiple problems. In this session, Dr. Miller works with a 17-year-old boy who is depressed, abusing marijuana, and who has recently contemplated suicide. Dr. Miller highlights the client's strengths while trying to obtain commitment to treatment in order to reduce his depression and marijuana use and build a life worth living. Dialectical Behavior Therapy (DBT) is a compassionate, principle-based psychotherapy for suicidal multiproblem, multidiagnostic individuals who have significant difficulty regulating emotions and behaviors. Developed by Marsha Linehan, DBT was first introduced over a dozen years ago as a treatment for suicidal and self-injurious individuals diagnosed with borderline personality disorder (BPD).

Hidden Scars, Silent Wounds: Understanding Self-Injury (DVD)
This video investigates the phenomenon of self-injury. Self-injury refers to a pattern in which a person harms himself or herself by cutting or even burning parts of the body to relieve stress from pent-up emotions. Many people suffer from this usually secretive activity. Typically they have endured unusual and stressful events or abusive family situations, and have resorted to self-injury as an unhealthy coping mechanism. The video demystifies this often misunderstood problem by offering candid interviews with "cutters" and their families, as well as commentary by noted experts in the field.

Self-injury (DVD)
Dr. Lader works with a teenage girl who began cutting herself soon after her mother remarried, incorporating psychoeducation and cognitive behavioral strategies into the session. She gives the client a tool to help her monitor the emotions she experiences preceding the impulse to cut herself.

For more information about these resources please visit www.ctclearinghouse.org and click on Resource Catalog or call 800.232.4424
Self-Injury: From Suffering To Solutions (VHS)
Through portrayals and interviews this video discusses the nature of adolescent self-injury, examining its causes, its victims, and its effects.

Self-Injury In Children: Cutting, Burning & Other Secret Scars (DVD)
Could your child be intentionally cutting or burning herself without your knowledge? It's called self-injury or self-mutilation, and you need to know about it, because the practice is on the rise. It's defined as a deliberate harming of your own body without a conscious attempt at suicide. Meet a young woman who is struggling with this very problem - and hear from her parents about how they cope. We'll also talk about what to do if you suspect your own child might be hurting herself - how you can find out, and how you can stop it.

Skin Deep: Understanding Self-Injury (VHS)
Each year nearly two million people hurt their own bodies with knives, scissors, glass, cigarettes, candles, and any destructive item they can get their hands on. In Skin Deep, patients and experts explain why people harm themselves and how they can recover from this secret affliction which affects as many people as anorexia.

Books

Bleeding To Ease The Pain: Cutting, Self-Injury, And The Adolescent Search For Self / Lori G. Plante; Foreword By Chris Hayward
Table of Contents: [http://www.loc.gov/catdir/toc/ecip076/2006038640.html](http://www.loc.gov/catdir/toc/ecip076/2006038640.html)
Call Number: 616.8582 P713

Bodily Harm: The Breakthrough Treatment Program For Self-Injurers / Karen Conterio and Wendy Lader, with Jennifer Kingson Bloom
Call Number: 616.8582 C761

A Bright Red Scream: Self-Mutilation And The Language Of Pain / Marilee Strong
Call Number: 616.8582 S923

The Scarred Soul: Understanding & Ending Self-Inflicted Violence / Tracy Alderman
Call Number: 616.8582 A361

Treating Self-Injury: A Practical Guide / Barent W. Walsh
Call Number: 616.8582 W223

When Your Child Is Cutting: A Parent's Guide To Helping Children Overcome Self-Injury / Merry E. McVey-Noble, Sony Khemlani-Patel, and Fugen Neziroglu
Call Number: 616.8582 M176
Table Of Contents: [http://www.loc.gov/catdir/toc/ecip0611/2006010775.html](http://www.loc.gov/catdir/toc/ecip0611/2006010775.html)

Women Who Hurt Themselves: A Book Of Hope And Understanding / Dusty Miller
Call Number: 616.8582 M647
Curricula

See My Pain! Creative Strategies And Activities For Helping Young People Who Self-Injure / by Susan Bowman & Kaye Randall

Summary: The overall goal of the Signs of Self-Injury program is to reduce the incidence of self-injury in the adolescent population. The DVD, which includes a chapter for School Personnel and Faculty and a separate chapter for students, is the main teaching tool of the program. The help-seeking message repeated throughout the DVD is ACT: Acknowledge that you are seeing signs of self-injury in a friend and that it is serious; Care: Let your friend know that you care about him or her, and that you are concerned that s/he needs help that you cannot provide; Tell a trusted adult - either with your friend or on his or her behalf. The implementation guide consists of an overview and a chapter for each of the 4 groups of people that the program was designed to reach: students, school staff, parents and clinicians.

Stopping The Pain: A Workbook For Teens Who Self-Injure / Lawrence E. Shapiro

Understanding Self-Injury: A Workbook For Adults / by Kristy Trautmann and Robin Connors

Fact Sheets

Self-Injury In Adolescents

Pamphlets

Self-Harm & Cutting: Self-injury – What You Need to Know

Self-Injury: A Silent Scream

Teens & Self-Injury: What Parents & Teachers Need To Know