Contents

Forewordvi
Acknowledgmentsx
Introduction 1
PART I UNDERSTANDING SELF-HARM
Chapter 1 What Is Self-Harm?
Chapter 2 Myths About Self-Harm
Chapter 3 What Causes Self-Harm?
Chapter 4 Psychiatric Disorders That Often Accompany Self-Harm59
Chapter 5 The Many Purposes of Self-Harm: Why People Harm Themselves

Chapter 6
So, What's Wrong with Self-Harm?93
PART II
HOW DO I GET HELP FOR SELF-HARM?
Chapter 7
Getting Help for Self-Harm
Chapter 8
Psychological Treatments
Chapter 9
Medication Treatments
PART III COPING STRATEGIES FOR MANAGING SELF-HARM
Chapter 10
Getting Motivated to Stop Self-Harm and Increasing Your Chances of Success
Chapter 11
Coping with Self-Harm Urges
Chapter 12
Managing Emotions Related to Self-Harm 225
Chapter 13
Moving Forward: Living a Life Without Self-Harm 243
References