



THE SELF INJURING CHILD



WHY DO OUR YOUTH ENGAGE IN SELF INJURIOUS BEHAVIOR

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Dana Andersen LPCC
MS MBA

Together, all the way.®





Nonsuicidal self-injury¹

Signs and symptoms of self-injury may include:

- Scars, often in patterns
- Fresh cuts, scratches, bruises, bite marks or other wounds
- Excessive rubbing of an area to create a burn
- Keeping sharp objects on hand
- Wearing long sleeves or long pants, even in hot weather
- Frequent reports of accidental injury
- Difficulties in interpersonal relationships
- Behavioral and emotional instability, impulsivity and unpredictability
- Statements of helplessness, hopelessness or worthlessness



PATTERNS OF SELF INJURY^{2,3,4}

UNDERSTANDING PATTERNS OF SELF-INJURY

■ Self-Injury as a Coping Mechanism

People self-injure as a way to cope with overwhelming feelings—or lack of feeling at all, a condition called “dissociation.”

■ Self-Injury is Often Cyclical

Many people who use self-injury as a primary way of coping go in and out of periods where they self-injure. Unless they find and use other more healthy ways of coping, they are likely to turn to self-injury again to manage stress or negative feelings.

■ Hiding Self-Injury Behavior

Although it’s relatively common, many people self-injure in private, making it difficult for others to detect.



The Jed Foundation



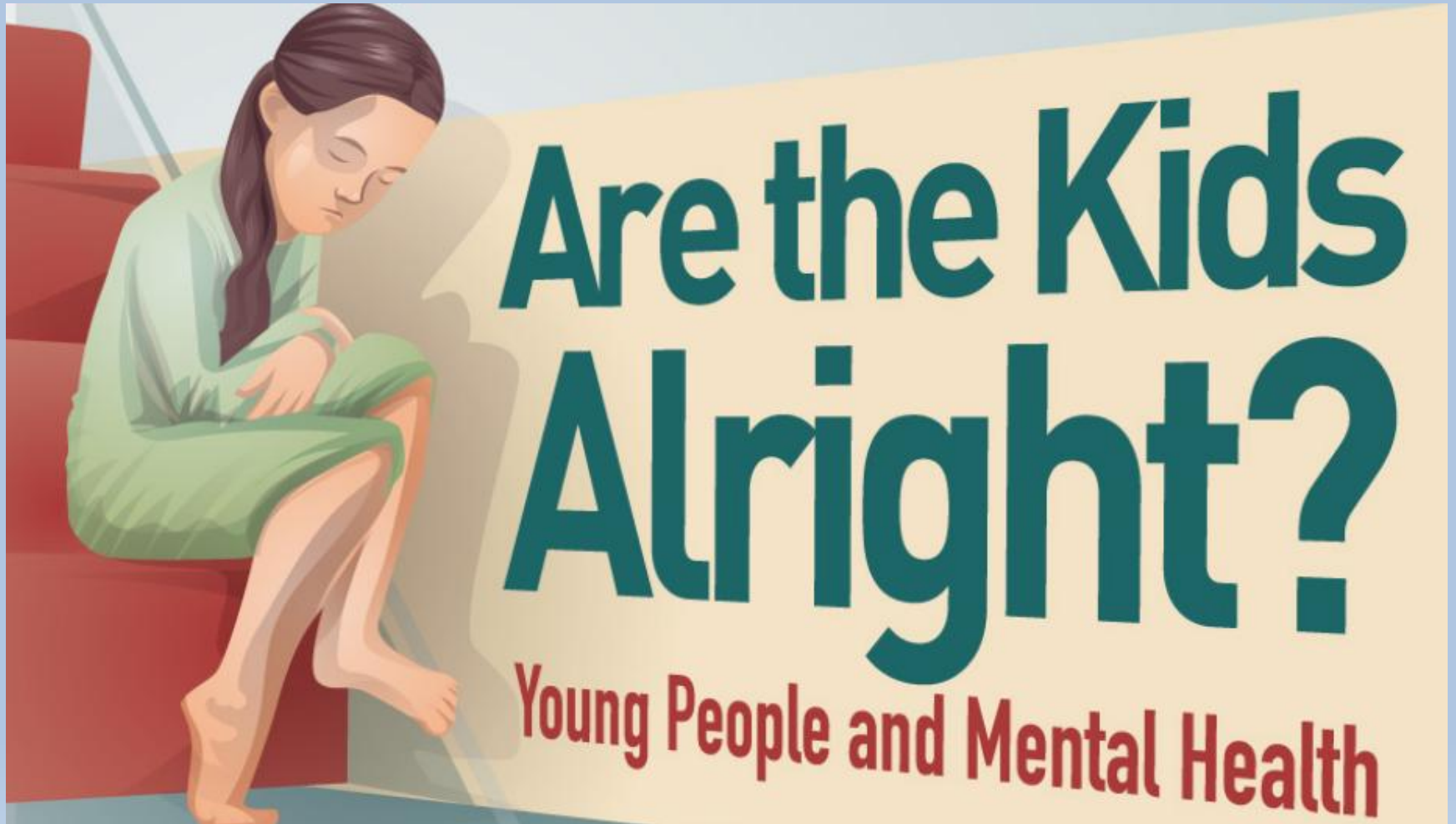
Forms of Self Injury^{4,6,8}

- Cutting (cuts or severe scratches with a sharp object)
- Scratching
- Burning (with lit matches, cigarettes or heated, sharp objects such as knives)
- Carving words or symbols on the skin
- Self-hitting, punching or head banging
- Piercing the skin with sharp objects
- Inserting objects under the skin





RISK FACTORS MENTAL DISORDER RISK8,10,11



**RISK FACTORS5
ENVIRONMENTAL FACTORS**



PERSONAL FACTORS³



THE MYTHS OF SELF HARMING

'Self-harm is 'attention-seeking''

'Self-harm is a goth thing'

'Only girls self-harm'

'People who self-harm must enjoy it'

'People who self-harm are suicidal'



'People often link self-harm to suicide but for me it was something very different; it was my alternative to suicide, my way of coping even though sometimes I wished that my world would end.'



Statistically Speaking⁶





Interventions3





How Do I Stop²





Recovery¹



Finding your voice: Talking about self-injury



Life After Self Harming4



REFERENCES

RIGHT CLICK ON HYPERLINK TO OPEN RESOURCES AND MATERIALS

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Questions?

Contact: DANA ANDERSEN
DANA.ANDERSEN@EVERNORTH.COM

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