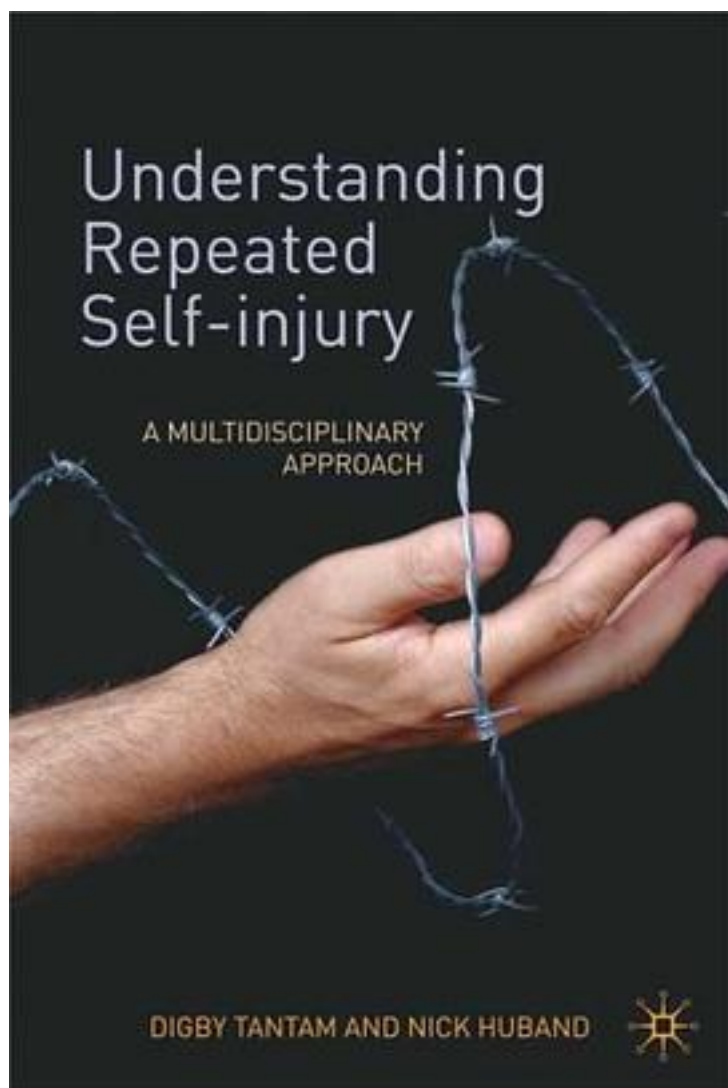


Understanding Repeated Self-injury



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Self-wounding is surprisingly common with one in every 600 people wounding themselves sufficiently to receive hospital treatment. This concise and informed introduction is written primarily as a resource for health care professionals and explores both why people hurt themselves and the impact of their behaviour on others. Covering both the psychological and physical aspects of repeated self-wounding, the book presents the latest research evidence and uses engaging case examples. Therapeutic options are discussed. The book also addresses some of the difficulties professionals, family and friends experience when seeking to provide treatment and care.

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