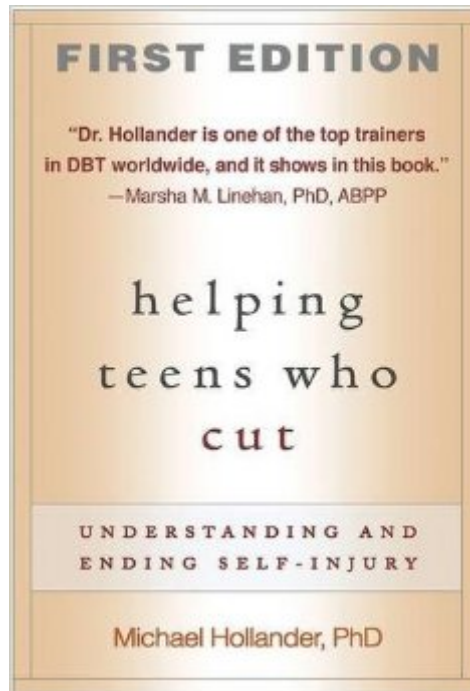


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# Helping Teens Who Cut: Understanding And Ending Self-Injury



## Synopsis

Discovering that your teen is absolutely terrifying. Is your teen contemplating suicide? How can you talk to him or her about this frightening problem without making it worse or driving a wedge between you? Dr. Michael Hollander is a leading authority on self-injury and dialectical behavior therapy (DBT). In this compassionate, straightforward book, Dr. Hollander spells out the facts about cutting--and what to do to make it stop. Vivid stories illustrate how out-of-control emotions lead some teens to hurt themselves, and how proven treatments such as DBT can help. You'll learn concrete strategies for parenting your emotionally vulnerable teen, building his or her skills for coping and problem solving, dealing with crises, and finding an effective therapist or treatment program. Winner--American Journal of Nursing Book of the Year Award

## Book Information

Paperback: 214 pages

Publisher: The Guilford Press; 1 edition (June 11, 2008)

Language: English

ISBN-10: 1593854269

ISBN-13: 978-1593854263

Product Dimensions: 0.8 x 5.8 x 8.8 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars See all reviews (69 customer reviews)

Best Sellers Rank: #16,651 in Books (See Top 100 in Books) #3 in Books > Education & Teaching > Schools & Teaching > Counseling > Crisis Management #11 in Books > Health, Fitness & Dieting > Psychology & Counseling > Mental Illness #50 in Books > Politics & Social Sciences > Social Sciences > Social Work

## Customer Reviews

Dr Hollander lifts the veil on a difficult issue. With compassion, he takes parents on a journey inside this thoughtful therapy. A clear and enjoyable writing style help render a sensitive subject approachable and manageable. Through the use of well chosen examples, Dr. Hollander effectively outlines the problems facing teens who cut and their parents. With that foundation of understanding, he follows with a practical guide for parents to support their teen, their family, and themselves as they navigate therapy. Beyond the primary goal of helping teens who cut, Dr. Hollander's book outlines ideas and skills that are helpful to any parent tackling the ever-changing challenges of raising a child, or any human struggling to cope with difficulties inherent in life.

Speaking as a parent with a daughter who cuts, I have learned a lot from this book. I swore that she was doing it for attention and it was something I did wrong raising her. After reading the first few chapters of this book I was so grateful to learn that that wasn't the case. Huge relief. I won't say that every case is the same as it has been for us but I do believe that they are all similar in some way. It's only been a few months since I "found out" about my daughter's cutting and depression. With the help of a LOT of counseling and some time spent in a facility, which was very hard for me to expect the NEED for, and medication. She is on her way to learning how to control the need. This book helped me learn how to expect the cutting and help her find ways of using her coping skills, DBT's. I would recommend this book to all parents that are in this situation. There is hope you just have to be open minded and accepting.

This was one of the best books I have read on self-injury. The examples, explanations, questions, and information was not only helpful, but hopeful. Self-injury is often misunderstood, but Michael Hollander really helps you have a better understanding, as well as ways of helping your teen. Definitely worth reading and to keep on hand to re-read.

I read this book over night and took notes in order to educate and assist within the helping profession. I would require parents or professionals to read or purchase this book who have contact with a teen who cuts themselves. Very informative, educational, and provides hope. Teaches how to respond effectively to such emotional pain.

I'm a clinical psychologist who primarily works in a Dialectical Behavior Therapy (DBT) modality in private practice and psychiatric hospital settings. What this book does is in simple layperson language give basic explanations as to why people self-injure, describe how DBT skills can be used to help people who self-injure (e.g., DEAR MAN, GIVE, FAST, mindfulness, radical acceptance, validation), and give tips for parents about how they can more effectively interact with their teens when they have this issue. Hollander used some good illustrative anecdotes and examples to illustrate how to apply the skills. I would highly recommend this book to the parents of teens and young adults who self-injure, particularly those who are already enrolled in a DBT program or are considering DBT for treatment. However, I would not particularly recommend it for professionals who are already well-versed in DBT because it was 98% obvious information. I was disappointed because it provides very basic rather than advanced info about the topic and is really meant for

people who know very little about DBT and self-injury prior to reading this book.

The first part of this book is all about a specific type of therapy for teens who injure themselves. We were already working with a therapist and doctor that were helping, so I skimmed that part. The second part of the book is all about practical advice for how to talk to and interact with the teen who is having these challenges, and it was SO helpful. I loved the real life examples, they were realistic and gave very specific examples of ways to talk to your child. I liked this book so much I bought a second copy for my daughter's dad to have at his house as well.

Aimed at parents, I found this book a help in understanding why teens self harm, what treatment best suits them and ways that parents can help children to learn to control their emotions and learn life skills and comfort tactics. It is written in clear ordinary language. It is aimed at an American readership so I don't know how valid the DBT therapy is considered here in Europe. The parts on the medical insurance and education systems are not relevant here. The first part explained why kids dysfunction in this way and their treatment. The second part I found most helpful. It explains ways of helping your child and also how to deal with therapists, schools, friends and family and most importantly your own and partner's health. As a grandparent I now have a better understanding of the situation and questions have been answered.

If this is happening with someone you care about and you are completely in the dark as I was, this book will calm your fears and give you tons of insight. It is a little long in places, explaining the reasoning behind the methods used in therapy for each individual, but then I couldn't think of a single question that wasn't addressed by the end of the book.

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