



Adolescent Self-Injury: A Comprehensive Guide for Counselors and Health Care Professionals

Amelio A. D'Onofrio PhD

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In this truly comprehensive guide, Dr. D'Onofrio approaches the topic of how first-responders, such as teachers, coaches, social workers, guidance counselors, and campus health counselors, can and do treat adolescent self-injury. From examinations of the core social and emotional issues related to self-injury to the integration of understanding with practice, everything needed for comprehensive care is detailed in this volume.

Each part of the book focuses on a basic topic, such as what constitutes self-injury, the foundations for self-injury, and how to engage an adolescent with these issues. Each issue is presented in straightforward chapters that are immediately accessible to those who are currently struggling to address this growing trend among teens. The chapters within each part delve into how to recognize, treat, and approach this illness and incorporate first-person stories from psychologists, teachers, and adolescents themselves.

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