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Helping Teens Who Cut: Understanding and Ending Self- injury

By Michael R. Hollander

Guilford Publications. Paperback. Book Condition: new. BRAND NEW, Helping Teens Who Cut: Understanding and Ending Self-injury, Michael R. Hollander, Discovering that your teen 'cuts' 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.



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