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phenomenon of self-
mutilation. Written
for sufferers,
parents,...

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emphasizes that
cutting is not a
disease in itself:
rather, it is a
symptom of
something larger,
and that
"something" must
be addressed in
order for the

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a barrier that keeps

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person who is lost,
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in pain, and in
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desperate need of
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help. Despite the
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anxiety we all feel
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at hearing about or
seeing self-
mutilation, the
damage is rarely
life threatening.
The skin is
damaged. Rarely is
there damage to

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tendons, and
ligaments. Self-
mutilation is driven
by
psychopathology,
whereas the
tattooing or piercing
is done to ...

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presented a variety
of personalities,
family structures,
and treatment
strategies included
in this
heartbreaking
picture. I see 90
percent of self-

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mutilators give up
the self-harming
behaviors within
one year of
treatment. This is
followed by much
longer period of
time in therapy to
heal the underlying
causes of these
behaviors.

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in the mental health
community it is
apparent that a lot
of progress has
been made in
understanding the
subject of cutting

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the book was
written. The case
examples tend to be
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book, he insisted
that self-injury was
not related to
suicide in
essentials. His book
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the World is the
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woman is leaning
forward toward the
camera. She is
wearing very short
shorts and the very
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deliberate, non-
suicidal behavior
that inflicts physical
harm on one's body
to relieve emotional
distress. Self-injury

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