



# Treating Self-Injury, First Edition: A Practical Guide

*Barent W. Walsh PhD*

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## **Treating Self-Injury, First Edition: A Practical Guide** Barent W. Walsh PhD

Uniquely practical and comprehensive, this timely guide addresses a problem that is on the rise, particularly among adolescents and young adults. Practitioners gain a wealth of knowledge about the variety and causes of self-injurious behavior and how to recognize it in people at risk, ranging from those who do not have psychiatric diagnoses to those with eating or mood disorders, posttraumatic stress disorder, personality disorders, or psychoses. Illustrated with detailed case examples, clear guidelines are presented for assessing clients and conducting evidence-based interventions using replacement skills training, cognitive-behavioral therapy, exposure treatment, psychopharmacology, and family- and school-based strategies. Reproducible clinical materials are included.

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