



# **Working with Self-Harming Adolescents: A Collaborative, Strengths-Based Therapy Approach**

**(Norton Professional Books (Paperback))**

*Matthew D. Selekman*

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**Adolescent self-harming behavior is on the rise.**

Mental health professionals and affiliated professionals in schools are seeing more and more adolescents who cut and burn themselves, abuse alcohol and drugs, have eating disorders, or who engage in excessive risk taking. Yet the literature on this behavior remains scant. Matthew Selekman provides readers with a comprehensive, highly practical approach to working with this challenging group of clients. *Working with Self-Harming Adolescents* offers readers effective guidelines for how parents can prevent and constructively manage self-harming episodes, discusses the major aggravating factors that contribute to the development and maintenance of this problem among youth, and offers an integrative and flexible solution-oriented approach for treatment. Another important feature of this book is the innovative, skill-based Stress-Busters' Leadership Group, which can be run in schools or any treatment setting.

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