

# Self Injury

## Resources

**www.selfinjury.com** Facts, resources, treatment information

**INFO LINE:** 1-800-DONT CUT (366-8288)

**www.youthsos.org** Contact info for Briarpatch HELP LINE: (608) 251-1126

### **RECOMMENDED FEATURED READINGS IN THE POPULAR PRESS:**

- "A Look at the Increase in Body Focused Behavior" by Wendy Lader, Ph.D, *Paradigm*, Winter 2006
- "Cutting Edge" by T. Suzanne Eller, *Today's Christian Woman*, January/February 2006
- "Slice at Life", by Jolynn Tumolo, *Advance for Nurse Practitioners*, December 2005
- "In Harm's Way" by Emily Caballero, *Calumbia College*, January 2005
- "Cutting Clubs", by Stephanie Booth, *Tenn People*, February 2004
- "The Razor's Edge", by T. Suzanne Eller, *Christian Parenting Today*, Winter, 2004
- "When Rich Kids Go Bad", by Erika Brown, *Forbes*, October 14, 2002
- "Ask Dr. Drew", August 2002
- "Cut to the Core", by Leslie Goldman, *Chicago Tribune*, September, 2001
- "Why Did These Girls Start Cutting?" as told to Debi Martin-Morris and Michelle Leifer, *Cosmo GIRL*, October 2000
- "I Couldn't Stop Hurting Myself" by Christine Roberts as told to Molly M. Ginty, *Good Housekeeping*, September 1999
- "Helping People who Cut Themselves: Self Injury becoming a recognized problem", by Cheryl Haas, *Counseling Today*, March, 1999 [www.counseling.org/ctonline](http://www.counseling.org/ctonline)
- "What the Cutters Feel", Tamala M. Edwards, *Time*, November 9, 1998
- Conterio, C., & Lader, W. (1998). *Bodily Harm: The Breakthrough Treatment Program for Self-Injurers*. New York: Hyperion Press
- "An Armful of Agony" by Claudia Kalb, *Newsweek*, November 9, 1998
- "The Thin Red Line" by Jennifer Egan, *The New York Times Magazine*, July 27, 1997 Sect. 6
- "Girl's Who Hurt (Themselves)" by Stephanie Pederson, *Sassy*, June 1996
- "Razor's Edge" by Andrea Todd, *Seventeen*, June 1996
- "The Unkindest Cuts" by Elissa Schappel, *Allure*, August 1995
- "Those Who Hurt Themselves" by Greg Beaubien, *Medlife*, December 11, 1994

## **BOOKS**

- Alderman, T. (1997). *The scarred soul: Understanding and ending self-inflicted violence*. Oakland, CA: New Harbinger.
- Conterio, K. & Lader, W. (1998). *Bodily harm: The breakthrough treatment program for self-injurers*. New York: Hyperion.
- Miller, D. *Women who hurt themselves: A book of hope and understanding*. New York: Basic.
- Clarke, A. (1999). *Coping with self-mutilation: A helping book for teens who hurt themselves*. Center City, MN: Hazeldon.
- Selekman, M. D. (2002). *Living on the razor's edge: Solution-oriented brief family therapy with self-harming adolescents*. New York: Norton.