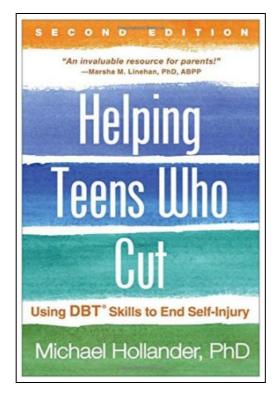
Helping Teens Who Cut, Second Edition: Using DBT (R) Skills to End Self-Injury (Paperback)



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Reviews

Here is the finest publication we have read right up until now. It is actually writter in easy words instead of difficult to understand. Its been written in an remarkably easy way in fact it is only right after i finished reading this book in which basically changed me, modify the way i really believe.

(Prof. Vanessa Smitham V)

HELPING TEENS WHO CUT, SECOND EDITION: USING DBT (R) SKILLS TO END SELF-INJURY (PAPERBACK)



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Guilford Publications, United States, 2017. Paperback. Condition: New. 2nd New edition. Language: English. Brand New Book. Tens of thousands of worried parents have turned to this authoritative guide for the facts about the growing problem of teen self-injury—and what they can do to make it stop. Michael Hollander is a leading expert on the most effective treatment approach for cutting, dialectical behavior therapy (DBT). Vivid stories illustrate how out-of-control emotions lead some teens to hurt themselves, how DBT can help, and what other approaches can be beneficial. Parents get practical strategies for talking to teens about self-injury without making it worse, teaching them specific skills to cope with extreme emotions in a healthier way, finding the right therapist, and managing family stress. Incorporating the latest research, the revised edition offers a deeper understanding of the causes of self-injury and includes new DBT skills.



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