



# Cutting and Self-Harm (Health and Medical Issues Today)

*Chris Simpson Ph.D.*

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What is self-harm and what causes it? Learn the terms and concepts related to this type of behavior.

- Provides an in-depth history of self-harm behavior that provides a relatable perspective for the reader
- Offers realistic and common case samples that promote better understanding
- Explains how anyone concerned about a self-injurious loved one can best confront the behavior and offers tips on how to provide support
- Devotes significant attention to controversial areas such as the prevalence of self-injury in school settings, addresses the use of psychopharmacology in treating the behavior, and gives an overview of effective techniques for treatment

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