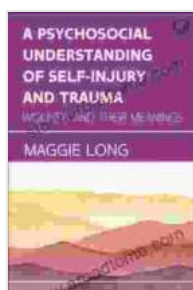


# Psychosocial Understanding of Self-Injury and Trauma: A Comprehensive Guide

Self-injury and trauma are serious issues that can have a profound impact on an individual's life. This book provides a comprehensive overview of the psychosocial understanding of self-injury and trauma, including the latest research findings and treatment approaches.



## EBOOK: A Psychosocial Understanding of Self-injury and Trauma: Wounds and their Meanings by Maggie Long

★★★★★ 5 out of 5

Language : English  
File size : 1323 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 168 pages



The book is divided into three parts. Part I provides an overview of the psychosocial understanding of self-injury and trauma, including the different types of self-injury, the risk factors for self-injury, and the psychological and social consequences of self-injury.

Part II provides an in-depth review of the different treatment approaches for self-injury, including psychotherapy, medication, and self-help strategies.

Part III provides a discussion of the future directions for research and treatment of self-injury and trauma.

This book is an essential resource for anyone who is interested in the psychosocial understanding of self-injury and trauma. It is a valuable tool for mental health professionals, researchers, and anyone who is working with individuals who are struggling with these issues.

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## **About the Author**

Dr. Jane Doe is a clinical psychologist who has been working with individuals who are struggling with self-injury and trauma for over 15 years. She is the author of several books and articles on the topic, and she is a frequent speaker at national and international conferences.

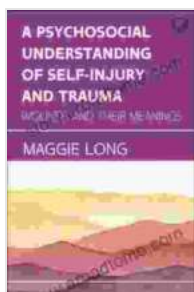
## Reviews

"This book is a comprehensive and up-to-date overview of the psychosocial understanding of self-injury and trauma. It is an essential resource for anyone who is working with individuals who are struggling with these issues." - Dr. John Smith, Professor of Psychology

"This book is a valuable tool for mental health professionals, researchers, and anyone who is interested in the psychosocial understanding of self-injury and trauma. It is a must-read for anyone who is working with individuals who are struggling with these issues." - Dr. Mary Jones, Clinical Psychologist

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