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emotional intensity, and its

reasons are not necessarily

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Managing Self-Harm I

Psychological Perspectives

Managing Self-Harm:

Psychological Perspectives.

Edited by Anna Motz.

Routledge. 2009. £19.99

(pb). 248 pp. ISBN:

9781583917053 - Volume 197

Issue 3 - Jack Nathan

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meanings for self-harming  
and the sense in which it is  
a language of the body, and  
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2011-02-01 00:00:00 The

editor of this book, Anna

Motz, is known for her

ground-breaking and

unflinching work on the

subject and, as such, is an

ideal person to compile a

collection of pieces on

understanding self-harm. The

book includes psychological

theories, clinical vignettes

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Self-harm It's important to know that support is available for anyone who self-harms or thinks about self-harm, as well as their friends and family. It's best to speak to a GP about self-harm, but you may also find it helpful to speak to a free listening service or support organisation.

Self-harm - NHS

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