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Autore	Hollander Michael
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Sommario/riassunto	<p>Discovering that your teen "cuts" is every parents nightmare. Your most urgent question is: "How can I make it stop?" Tens of thousands of worried parents have turned to this authoritative guide for information and practical guidance about the growing problem of teen self-injury. Dr. Michael Hollander is a leading expert on dialectical behavior therapy (DBT), the most effective treatment approach for cutting. 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. Youll learn practical strategies for talking to teens about self-injury without making it worse, teaching them skills to cope with extreme emotions in a healthier way, finding the right therapist, and helping reduce stress for your whole family. Incorporating the latest research, the second edition offers a deeper understanding of the causes of self-injury and includes new DBT skills.</p>