

1. Record Nr.	UNINA9910450699403321
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Titolo	Self-harm : a psychotherapeutic approach / / Fiona Gardner
Pubbl/distr/stampa	London ; ; New York : , : Routledge, , 2001
ISBN	1-904697-62-3 0-203-19399-7 1-280-17858-2 0-203-24604-7 1-134-57040-6
Descrizione fisica	1 online resource (174 p.)
Disciplina	616.85/84
Soggetti	Self-injurious behavior Self-mutilation Psychotherapy Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Book Cover; Title; Contents; Acknowledgements; Introduction; Meanings; conscious reasoning and unconscious motivation; Turning the anger inwards; masochism and mastery; Predisposing factors in adolescence linked to self-harm; Reversing the process; from action to articulation; The psychodynamics of the psychotherapeutic process with patients who are harming themselves; Speculations on historical, cultural and social aspects; Concluding thoughts; References; Index
Sommario/riassunto	Self-harm is worryingly common in young women, and is often used as a way of easing emotional suffering. Self-Harm: A Psychotherapeutic Approach explores the issues involved from the perspective of a psychoanalytical psychotherapist. Fiona Gardner examines these issues through extensive clinical material and an analysis of the social and cultural influences behind self-harm. This book will be of interest to all those working with those who are harming themselves, including psychotherapists, school counsellors, social workers and mental health clinicians.

