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Autore	Gardner Fiona <1950-, >
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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.

