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Altri autori (Persone)	DavidsonKate M
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Note generali	Description based upon print version of record.
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Nota di contenuto	Cover; Title; Copyright; Contents; Acknowledgements; Major health warning; Note to health care practitioner; 1 Getting started; Introduction; You are not alone; Why do people harm themselves?; Trying to understand your reasons for harming yourself; Is there anybody out there?; Some further thoughts; What next?; Key points to remember; 2 What to do in a crisis; Getting support; Keeping yourself safe; Trying not to slide down into a pit of loneliness and despair; Don't expect miracles! Remember practice makes perfect!; Things I still want to do; Crisis plan; Key points to remember 3 Learning to solve problemsHelp! My life is a mess; Learning to disentangle your problems; Step 1: Finding possible solutions through brainstorming; Step 2: Looking at options in detail; Step 3: Choosing a solution that fits you; Step 4: Finding ways of putting your solution into practice; Step 5: Carry out your plan step by step; Step 6: Check progress in problem solving; Any questions?; Key points to remember; 4 Learn to change your thinking; Let's make a start by looking at

moods; Linking feelings and thoughts; A thought is not a fact: Learn to recognize skewed thinking

Where does this kind of skewed thinking come from? The memory trap or why does my thinking overwhelm me?; Starting a thought record; How to challenge biased thinking; Key points to remember; 5 Alcohol, drugs and pills: do you need to cut down or stop?; Should you be worried about your alcohol intake?; Should you cut down or stop drinking?; Have the guts to stop or cut down drinking!; Should you be worried about your drug intake?; Should you be worried about your consumption of tranquillizers or sleeping tablets?; How to deal with sleeping difficulties; Key points to remember

6 Some further thoughts What can you learn from the past?; What if you find yourself slipping again?; "If only . . ." From change to accepting what cannot be changed; Final words: A new beginning; Key points to remember; Further reading; 7 For relatives and friends; What can you do now?; Your own feelings; Non-critical listening; Increasing self-worth; Getting involved with life again; Professional help

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### Sommario/riassunto

In many countries there has been an alarming increase in rates of suicide and self-harm, yet the stigma attached to these difficulties often leads to sub-optimal care. *Life After Self-Harm: A Guide to the Future* is written for individuals who have deliberately harmed themselves. Developed through a major research project the contents of the manual have been informed and shaped by many users and expert professionals. Illustrated with multiple case-histories, it teaches users important skills: for understanding and evaluating self-harm for keeping safe in cri

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