

**Identifying And Addressing
Adolescent Self-Injury
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Reading List

This suggested reading list includes readings that are particularly relevant to issues of adolescent self-injury as well as its effects upon the family system. It is not intended as a comprehensive bibliography of the literature, but rather as a selection of readings that addresses the issues as they pertain to the family and the self-injuring adolescent.

The less clinically oriented selections which can be helpful for adolescents and families are indicated by an asterisk [*].

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Conterio, K. & Lader, W. (1998). *Bodily Harm*. New York: Hyperion.

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- Klonsky, E.D. (2007). The functions of deliberate self-injury: A review of the evidence. *Clinical Psychology Review*, 27, 226-239.
- Klonsky, E.D., May, A., & Glenn, C. (2013). The relationship between nonsuicidal self-injury and attempted suicide: converging evidence from four samples. *Journal of Abnormal Psychology*, 122, 231-237.
- Klonsky, E.D. & Muehlenkamp, J. (2007). Self-Injury: A Research Review for the Practitioner. *Journal of Clinical Psychology: In Session*, 63(11), 1045-1056.
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- Machoiian L. (2001) Cutting voices: self-injury in three adolescent girls. *Journal of Psychosocial Nursing*. 39(11):22-9.
- *Martinson, D. (1998). Self-injury: You are not the only one. Secret Shame [On-line]. Available: www.palace.net/~llama/psych/intro.html#iact
- *Miller, D. *Women who Hurt Themselves: A Book of Hope and Understanding*. New York: Basic Books.
- Muehlenkamp, J. (2005). Self-injurious behavior as a separate clinical syndrome. *American Journal of Orthopsychiatry*, 75, 324-333.
- Muehlenkamp, J., Engel, S., Wadeson, A., Crosby, R., Wonderlich, S., Simonich, H., & Mitchell, J. (2009). Emotional states preceding and following acts of non-suicidal self-injury in bulimia nervosa patients. *Behaviour Research and Therapy*, 47, 83-87.
- Muehlenkamp, J. & Guitierrez, P. (2007). Risk for suicide attempts among adolescents who engage in non-suicidal self-injury. *Archives of Suicide Research*, 11, 69-82.

National Institute for Mental Health (NIMH). (2010). Suicide in US: Statistics and Prevention. Retrieved from <http://www.nimh.nih.gov/health/publications/suicide-in-the-us-statistics-and-prevention/index.shtml>

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Selekman, M. (2004/January/February). The Therapeutic Roller Coaster: Working with Self-Harming Teens is Dramatic and Unpredictable. *Psychotherapy Networker*, pp. 77-85.

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