Non Suicidal Self Injury (NSSI)
Hair pulling
Scratching
Bruising
Cutting
Burning
Binging
Purging
Excessive use of alcohol/drugs

Function of NSSI	
Relaxation	Enjoying pain diminishing tension
Attention	Communicating to self Communicating to others
Stimulation	Feeling one's body, identity Feeling alive Escape from dissociation
Punishment	Danger of being angry Relieve guilt feelings
Self-Dest-ruction	To be unattractive

Treatment
Develop therapeutic relationship with client
Treat underlying psychiatric disorder if present
Enable clients to resolve difficulties
Enable client to deal with future crises
Help client with problem-solving
Encourage other methods

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