

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-Destruction 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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