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# Managing Self Harm Psychological Perspectives

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book, Anna Motz, is  
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breaking and  
unflinching work on  
the subject and, as  
such, is an ideal  
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on understanding self-harm. The book includes psychological theories, clinical vignettes and pieces by ...

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Interventions to prevent self-harm: what does the evidence say? Self Harm and Borderline Personality Disorder - BPD

Managing Self-Harm: Psychological Perspectives. Edited by Anna Motz. Routledge. 2009. £ 19.99 (pb). 248 pp. ISBN: 9781583917053 - Volume 197 Issue 3 -

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Managing Self-Harm: Psychological Perspectives - Google Books

Self-harm It's important to know that support is available for anyone who self-harms or thinks about self-harm, as well as their friends and family. It's best to speak to a GP about self-harm, but you may also find it helpful to speak to a free listening service or support organisation. Managing Self-Harm: Psychological Perspectives eBook: Motz ...

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