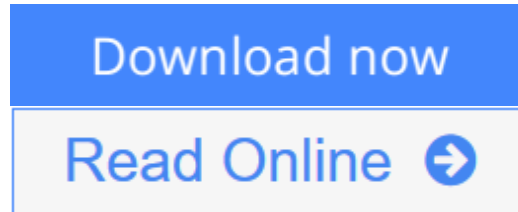


When Your Child is Cutting: A Parent's Guide to Helping Children Overcome Self-Injury

By Sony Khemlani-Patel PhD, Merry McVey-Noble PhD, Fugen Neziroglu PhD ABPP ABPP



When Your Child is Cutting: A Parent's Guide to Helping Children Overcome Self-Injury By Sony Khemlani-Patel PhD, Merry McVey-Noble PhD, Fugen Neziroglu PhD ABPP ABPP

A Compassionate Guide for Parents

As a parent, what's harder to deal with than seeing your child in pain? It's especially frustrating when you feel like you've exhausted the resources you could use to help him or her stop hurting. And if your child is cutting or engaging in another form of self-injury, a behavior that you simply can't make any sense of in the first place, this feeling of helplessness can be unbearable.

This book offers you information and advice for dealing with a child who is hurting him or herself. Learn why self-injury happens, how to identify it, and how to address this sensitive topic with calm and confidence. Follow the book's clear and simple plan for communicating with your child about this problem. Connect with the best kinds of professional help to get him or her through this painful time. Above all, rely on this compassionate and clinically sound book to give you the one thing you really need when your child is in pain-hope.

- Learn about the causes and effects of self-injury
- Identify the signs of self-harm
- Communicate effectively with a child who is hurting him or herself
- Choose the best professional help
- Support your child's recovery

 [Download When Your Child is Cutting: A Parent's Guide ...pdf](#)

 [Read Online When Your Child is Cutting: A Parent's Guid ...pdf](#)

When Your Child is Cutting: A Parent's Guide to Helping Children Overcome Self-Injury

By Sony Khemlani-Patel PhD, Merry McVey-Noble PhD, Fugen Neziroglu PhD ABBP ABPP

When Your Child is Cutting: A Parent's Guide to Helping Children Overcome Self-Injury By Sony Khemlani-Patel PhD, Merry McVey-Noble PhD, Fugen Neziroglu PhD ABBP ABPP

A Compassionate Guide for Parents

As a parent, what's harder to deal with than seeing your child in pain? It's especially frustrating when you feel like you've exhausted the resources you could use to help him or her stop hurting. And if your child is cutting or engaging in another form of self-injury, a behavior that you simply can't make any sense of in the first place, this feeling of helplessness can be unbearable.

This book offers you information and advice for dealing with a child who is hurting him or herself. Learn why self-injury happens, how to identify it, and how to address this sensitive topic with calm and confidence. Follow the book's clear and simple plan for communicating with your child about this problem. Connect with the best kinds of professional help to get him or her through this painful time. Above all, rely on this compassionate and clinically sound book to give you the one thing you really need when your child is in pain-hope.

- Learn about the causes and effects of self-injury
- Identify the signs of self-harm
- Communicate effectively with a child who is hurting him or herself
- Choose the best professional help
- Support your child's recovery

When Your Child is Cutting: A Parent's Guide to Helping Children Overcome Self-Injury By Sony Khemlani-Patel PhD, Merry McVey-Noble PhD, Fugen Neziroglu PhD ABBP ABPP **Bibliography**

- Sales Rank: #378934 in Books
- Brand: Brand: New Harbinger Publications
- Published on: 2006-06-06
- Original language: English
- Number of items: 1
- Dimensions: 8.32" h x .40" w x 6.14" l, .56 pounds
- Binding: Paperback
- 184 pages

 [Download When Your Child is Cutting: A Parent's Guide ...pdf](#)

 [Read Online When Your Child is Cutting: A Parent's Guid ...pdf](#)

Download and Read Free Online When Your Child is Cutting: A Parent's Guide to Helping Children Overcome Self-Injury By Sony Khemlani-Patel PhD, Merry McVey-Noble PhD, Fugen Neziroglu PhD ABPP ABPP

Editorial Review

Review

“*When Your Child Is Cutting* is an excellent resource for both parents and professionals. It presents the facts about cutting and how to manage this problem. It is written in an accessible and readable format. The book takes a good deal of the fear out of dealing with cutting behaviors and provides a needed appendix of frequently asked questions. This text is pragmatic and to the point and can be of real help to many concerned parents and health service providers.

—Robert W. Motta, Ph.D., ABPP, director of the Doctoral Program in School-Community Psychology at Hofstra University

“I remember the first time I had to say “self-mutilation.” I was so naïve. I quickly learned all that this diagnosis entailed. It meant that my daughter and I would be at odds through her early and mid-teens. It meant late night emergency rooms and psychiatric wards. And, for me, it meant anger, guilt, sadness, failure, hopelessness, loneliness—but mostly it meant fear.

“But slowly, ever so slowly, the rain stopped, the clouds lifted, and the sun was visible. It has been four and a half years now. The sun shines; my daughter and I walk hand in hand. Don’t get me wrong. There are cloudy days. But when it rains, my daughter has an umbrella and knows how to use it. The umbrella is the key—not the weather.

“First, I had to accept my daughter’s emotional problems. Then I had to accept and believe that they were real. Then I had to make a commitment to give whatever it took, at whatever cost. But I believed in Dr. McVey. I still have a piece of her notepaper hanging on my refrigerator with the words, “This will not last forever.”

“I believed in her, in my daughter, and in myself. Every month now, without fail, we celebrate the day my daughter stopped cutting. It has been fifty-five months now. And every month is as important as the last.”
—S.S., client of author McVey-Noble

“My divorce hit both of my daughters hard. They were two and five at the time. My older daughter later reacted by being afraid of going to school and by expressing other anxiety behaviors. My younger daughter, Naomi, reacted by being the “good little girl.” When I had to travel, or when I would come home late after a nighttime presentation for my job, I’d find a paper plate pressed with lipstick-kisses on my pillow. Naomi was five then. During the summer when she was fourteen she began cutting herself.

“We tried to get help from a couple of therapists with limited success. Then, as luck—or God—would have

it (I truly do believe in divine intervention), I was talking to a colleague who needed to find an alternative school for her daughter. I told her about the school my older daughter went to. She told me her daughter cut herself and gave me Dr. McVey's phone number. That's how I found help.

“Naomi saw Dr. McVey twice a week. This gave her the support and insights she needed to control the cutting. Dr. McVey encouraged Naomi to call her, even beyond office hours, when she needed her. Naomi learned how to release the pressure valve of her own feelings when they threatened to boil over. She learned to understand her feelings so that she could manage and live with them.”

—J.D., client of author McVey-Noble

From the Publisher

This much-needed book acquaints parents of children and adolescents who cut themselves with the signs and causes of self-injury and offers strategies for communicating about the issue and getting kids the help they need to overcome this dangerous behavior.

About the Author

Merry E. McVey-Noble, Ph.D., is a psychologist at the Bio-Behavioral Institute in Great Neck, NY, where she treats a number of adolescents and adults who engage in self-injurious behaviors. She is adjunct professor of psychology at Hofstra University, where she has taught for ten years.

Sony Khemlani-Patel, Ph.D., is a licensed clinical psychologist at the Bio-Behavioral Institute in Great Neck, NY, where she specializes in the treatment and research of obsessive-compulsive spectrum, anxiety, and mood disorders as well as self-injury. She received her doctorate from Hofstra University in Hempstead, NY.

Fugen Neziroglu, Ph.D., ABPP, is a board-certified cognitive and behavior psychologist, involved in the research and treatment of anxiety disorders, obsessive-compulsive spectrum disorders, trichotillomania, hoarding, body dysmorphic disorder and hypochondriasis at the Bio-Behavioral Institute in Great Neck, NY. She is coauthor of *Overcoming Compulsive Hoarding*.

Users Review

From reader reviews:

Joseph Anderson:

Information is provisions for anyone to get better life, information presently can get by anyone on everywhere. The information can be a information or any news even a huge concern. What people must be consider if those information which is from the former life are difficult to be find than now's taking seriously which one is suitable to believe or which one the resource are convinced. If you obtain the unstable resource then you obtain it as your main information there will be huge disadvantage for you. All those possibilities will not happen inside you if you take *When Your Child is Cutting: A Parent's Guide to Helping Children Overcome Self-Injury* as the daily resource information.

Linda Banks:

Reading can called head hangout, why? Because if you find yourself reading a book specially book entitled When Your Child is Cutting: A Parent's Guide to Helping Children Overcome Self-Injury the mind will drift away trough every dimension, wandering in every single aspect that maybe unfamiliar for but surely can become your mind friends. Imaging just about every word written in a e-book then become one type conclusion and explanation which maybe you never get previous to. The When Your Child is Cutting: A Parent's Guide to Helping Children Overcome Self-Injury giving you yet another experience more than blown away your head but also giving you useful information for your better life within this era. So now let us teach you the relaxing pattern this is your body and mind will be pleased when you are finished studying it, like winning a casino game. Do you want to try this extraordinary wasting spare time activity?

Clara Gay:

Within this era which is the greater individual or who has ability in doing something more are more valuable than other. Do you want to become certainly one of it? It is just simple solution to have that. What you need to do is just spending your time almost no but quite enough to experience a look at some books. On the list of books in the top record in your reading list is definitely When Your Child is Cutting: A Parent's Guide to Helping Children Overcome Self-Injury. This book which can be qualified as The Hungry Mountains can get you closer in getting precious person. By looking upward and review this e-book you can get many advantages.

Marilyn Fox:

Reading a e-book make you to get more knowledge from it. You can take knowledge and information from your book. Book is written or printed or illustrated from each source which filled update of news. In this particular modern era like currently, many ways to get information are available for an individual. From media social just like newspaper, magazines, science publication, encyclopedia, reference book, fresh and comic. You can add your knowledge by that book. Are you ready to spend your spare time to spread out your book? Or just trying to find the When Your Child is Cutting: A Parent's Guide to Helping Children Overcome Self-Injury when you desired it?

Download and Read Online When Your Child is Cutting: A Parent's Guide to Helping Children Overcome Self-Injury By Sony Khemlani-Patel PhD, Merry McVey-Noble PhD, Fugen Neziroglu PhD ABBP ABPP #3J2X78KBTVL

Read When Your Child is Cutting: A Parent's Guide to Helping Children Overcome Self-Injury By Sony Khemlani-Patel PhD, Merry McVey-Noble PhD, Fugen Neziroglu PhD ABBP ABPP for online ebook

When Your Child is Cutting: A Parent's Guide to Helping Children Overcome Self-Injury By Sony Khemlani-Patel PhD, Merry McVey-Noble PhD, Fugen Neziroglu PhD ABBP ABPP Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read When Your Child is Cutting: A Parent's Guide to Helping Children Overcome Self-Injury By Sony Khemlani-Patel PhD, Merry McVey-Noble PhD, Fugen Neziroglu PhD ABBP ABPP books to read online.

Online When Your Child is Cutting: A Parent's Guide to Helping Children Overcome Self-Injury By Sony Khemlani-Patel PhD, Merry McVey-Noble PhD, Fugen Neziroglu PhD ABBP ABPP ebook PDF download

When Your Child is Cutting: A Parent's Guide to Helping Children Overcome Self-Injury By Sony Khemlani-Patel PhD, Merry McVey-Noble PhD, Fugen Neziroglu PhD ABBP ABPP Doc

When Your Child is Cutting: A Parent's Guide to Helping Children Overcome Self-Injury By Sony Khemlani-Patel PhD, Merry McVey-Noble PhD, Fugen Neziroglu PhD ABBP ABPP Mobipocket

When Your Child is Cutting: A Parent's Guide to Helping Children Overcome Self-Injury By Sony Khemlani-Patel PhD, Merry McVey-Noble PhD, Fugen Neziroglu PhD ABBP ABPP EPub

3J2X78KBTVL: When Your Child is Cutting: A Parent's Guide to Helping Children Overcome Self-Injury By Sony Khemlani-Patel PhD, Merry McVey-Noble PhD, Fugen Neziroglu PhD ABBP ABPP