



S.A.F.E. ALTERNATIVES®
Self Abuse Finally Ends

SCHOOL RESOURCES

MANUALS

[SELF-INJURY: A MANUAL FOR SCHOOL PROFESSIONALS](#)

Includes many interventions and specific DOs and DON'Ts for counselors, nurses and teachers

[Student Workbook](#)

Includes exercises to help students identify and verbalize feelings underlying self-injury and learn new coping skills.

To view the table of contents of these manuals, [click here](#).

DVDs

[Can You See My Pain](#): 30 minute DVD. An excellent resource depicting personal stories and expert interviews with the founders of S.A.F.E. ALTERNATIVES®.

[CUT](#): 57 minute DVD. Award winning documentary that draws back the curtain on the sensationalism and secrecy surrounding self harm. Teens articulate their experience with self injury while revealing their deepest feelings as they begin to confront their urges. Personal struggles are offset by interviews with parents and professionals. Features music by Garbage, Plumb, Gina Young, and Cyndi Boste.

BOOKS

[Bodily Harm: The Breakthrough Healing Program for Self-Injurers](#): is an authoritative examination of the behavior of self-injury. Written by the founders of S.A.F.E. ALTERNATIVES® (Karen Conterio and Wendy Lader, Ph.D., M.Ed.) it clearly defines what self-injury is and explains the kind of emotional trauma that can lead to self-injurious behaviors. This book offers a course of treatment based on years of experience, compassion, advice and hope for the afflicted and their loved ones.

Note: [10 CEU's available](#) for licensed professionals ([click here for more details](#)).

PRESENTATIONS

To schedule a presentation for school professionals as part of your staff development requirements (available ranging from 1 hour to full day seminars) please contact us at 800-DONTCUT® (366-8288) or by e-mail at info@selfinjury.com.

WHEN TO SEEK SPECIALIZED SELF-INJURY TREATMENT*

- Outpatient and generalized inpatient therapy has failed to decrease the intensity and/or frequency of self-injurious behavior.
- The student may be new to self-injury but the behavior is escalating rapidly and/or dangerously.
- Self-injury negatively impacts one or more aspects of life (school, work or relationships)
- The student experiences frequent and/or intense impulses to injure even though able to resist engaging in such behavior.
- Inability to cope with daily stressors without resorting to poor coping skills such as self-injury.
- The student has been working in treatment, displays a desire to change, but has been unable to enact any meaningful change in behavior or quality of life.

Quality of Life is a Choice!

*For more answers to [Frequently Asked Questions](#) and [Interventions](#), please click blue links.

LOCATIONS: Illinois Psychotherapy groups for adults and adolescents, individual and family therapy

We are currently seeking new locations across the United States to house our programs. If you know of a facility or practice that may be interested in hearing more about our programs, please contact us at 800.366.8288 or info@selfinjury.com.

Please visit www.selfinjury.com for specific information about program locations and the admission process.