



Cornell Research Program  
on **Self-Injurious Behavior**  
in Adolescents and Young Adults  
<http://www.crpsib.com>

## Resources

### Readings

- Derouin, A., & Bravender, T. (2004). [Living on the edge: The current phenomenon of self-mutilation in adolescents](#). *MCN: The American Journal of Maternal/Child Nursing*, 29(1), 12-18.
- Lader, W. (Winter, 2006). A look at the increase in body focused behaviors. *Paradigm*, 14-18.
- Lieberman, R. (March, 2004). [Understanding and responding to students who self-mutilate](#). *Principal Leadership Magazine*, 4(7). Online publication of the National Association of School Psychologists.
- Purington, A., & Whitlock, J. (August, 2004). [Research facts and findings: Self-injury fact sheet](#). ACT for Youth Upstate Center for Excellence. Publication of Cornell University, U of Rochester, and New York State Center for School Safety.
- Walsh, B. W. (2005). [Treating self-injury: A practical guide](#). New York: Guilford Press.
- White Kress, V. E., Gibson, D. M., Reynolds, C. A. (February, 2004). [Adolescents who self-injure: Implications and strategies for school counselors](#). *Professional School Counseling*.
- Yates, T. M. (2004). The developmental psychopathology of self-injurious behavior: Compensatory regulation in posttraumatic adaptation. *Clinical Psychological Review*, 24, 35-74.

### National and International Web Resources

- [The American Academy of Child and Adolescent Psychiatry](#) is aimed at helping parents and families in understanding emotional, developmental, behavioral and mental disorders affecting children and adolescents.
- [ASHIC](#) (the American Self-Harm Information Clearinghouse) strives to increase public awareness of the phenomenon of self-inflicted violence and the unique challenges faced by self-injurers and the people who care about them.
- The National Mental Health Association has an on-line factsheet about self-injury available here: <http://www.nmha.org/infoctr/factsheets/selfinjury.cfm>
- The National Self-Harm Network (UK): [Young People and Self Harm](#) is a key information resource for young people who self-harm, their friends and families, and for professionals working with them.

- [SAFE Alternatives®](#) (Self-Abuse Finally Ends) (1-800-366-8288) is a nationally recognized treatment approach, professional network and educational resource base, which is committed to helping achieve an end to self-injurious behavior.
- [SIARI](#) aims to raise awareness about self-injury, as well as offering hope, support, and enlightenment to those who self-injure, their kith and kin, and those who work alongside people who hurt themselves. The site will be of value to anyone wishing to gain insight into the complex and much-misunderstood phenomenon of self-injury, and the issues that surround it.

**Also See:**

- <http://www.actforyouth.net/> ACT aims to strengthen community partnerships that promote positive youth development and prevent risky and unhealthy behaviors among young people aged 10 to 19.