

### 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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By [deleted]  
[cheatography.com/deleted-29701/](https://cheatography.com/deleted-29701/)

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