

## Non-Suicidal Self Injury Cheat Sheet by [deleted] via cheatography.com/29701/cs/9779/

Non Suicidal Self Injury (NSSI)		
Hair pulling		
Scratching		
Bruising		
Cutting		
Burning		
Binging		
Purging		
Excessive use of alcohol/drugs		

Treatme	ent	
Develop	therapeutic relationship with client	
Treat un	nderlying psychiatric disorder if	
Enable	clients to resolve difficulties	
Enable client to deal with future crises		
Help client with problem-solving		
Encourage other methods		

Function of NSS	
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-Dest- ruction	To be unattractive



Published 9th November, 2016. Last updated 9th November, 2016. Page 1 of 1.

Sponsored by CrosswordCheats.com Learn to solve cryptic crosswords! http://crosswordcheats.com



By [deleted]

cheatography.com/deleted-29701/