

Understanding and Responding to Self-Injury

Presenter: Barent Walsh, PhD

Thursday, May 19, 2016
6:30 - 8:30 p.m.

Rasmus Auditorium
Gundersen Health System
La Crosse, WI, 54601



Understanding and Responding to Self-Injury

This presentation will discuss the troubling problem of non-suicidal self-injury such as intentional, self-inflicted cutting, burning, hitting, and skin picking.

Over the last 20 years this problem has become commonplace – even epidemic – in middle schools, high schools and universities across the globe. Prevalence data in youth have often been reported to be in the 10-17 percent range.

It is important to understand that these behaviors are generally **not** about suicide. Surprisingly, for many individuals, self-injury provides an emotional relief function.

This presentation will explain how self-injury is different from suicide and will provide strategic recommendations to attendees to respond to their loved ones. Important to note is that good treatments are available for this behavior.

Social contagion of self-injury will also be discussed with recommendations for appropriate management.

About Our Presenter

Barent Walsh, PhD, has written extensively and presented internationally on the topic of self-destructive behavior. Dr. Walsh is co-developer (with Screening for Mental Health of Wellesley, MA) of "Act to Prevent Self-Injury," a prevention program with DVD for high schools.

Dr. Walsh is the Executive Director Emeritus and Senior Clinical Consultant for The Bridge, a human service agency headquartered in Worcester, Massachusetts. The Bridge consists of 50 programs including supported housing and residential treatment for children, adolescents and adults with mental health or developmental disability challenges, and/or complex family problems.