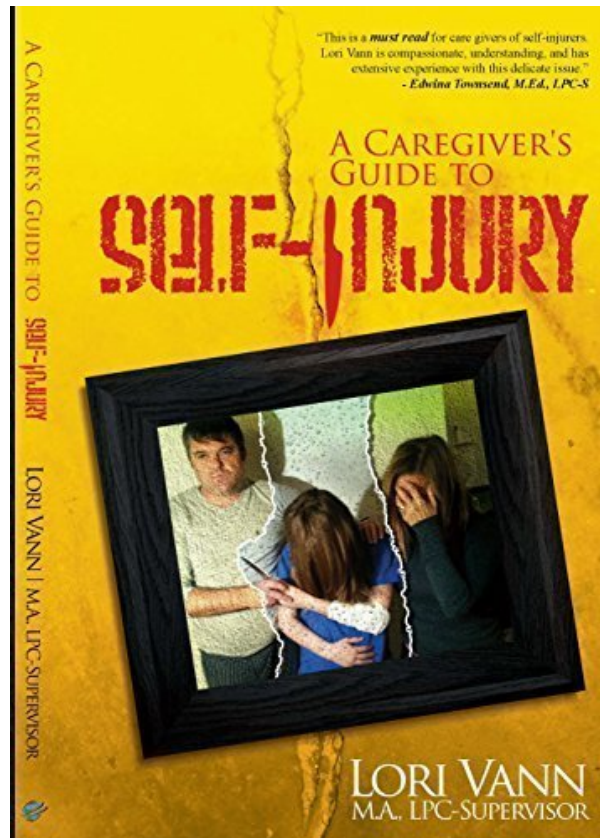
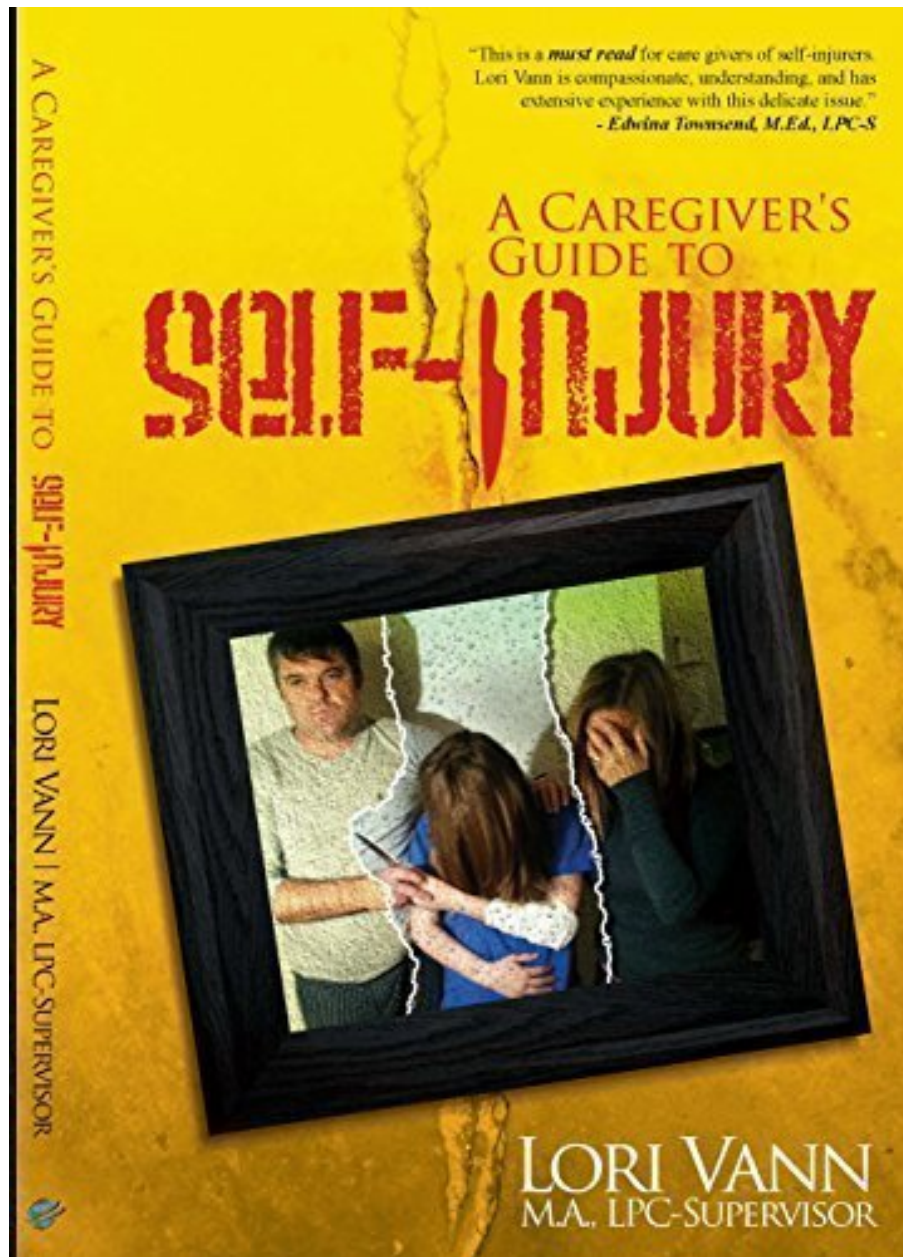


A CAREGIVER'S GUIDE TO SELF-INJURY BY M.A., LPC-SUPERVISOR LORI VANN



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NO SHIPPING from 6/10-6/15 A practical, easy-to-use book to help caregivers who have loved ones that are dealing with self-injury. The 150+ pg paperback book identifies the various types of injury, the 35 reasons for it, the tattoo & piercing debate, how to assess & react to it, the creative ways people self-harm, the media's role in spreading awareness of cutting and possible glamourizing of it, 17 tips for caregivers incl. vital things NOT to do that could make things worse, treatment options, dealing with manipulation, and MORE! Chapter Titles: Chapter 1: What is Self-injury? Chapter 2: What Does Self-harm Look Like? Chapter 3: What Are the Physical and Behavioral Signs of Self-injury? Chapter 4: Where Do They Get the Idea to Injure? Chapter 5: Why Would Someone Harm Themselves? 35 Reasons for Self-injury Chapter 6: Asking the Question and How to React Chapter 7: Resistance, Blackmail, Bribery, and Relapse Chapter 8: Treatment Options "This is a must read for care givers of self-injurers. Lori Vann is compassionate, understanding, and has extensive experience with this delicate issue." Edwina Townsend, M.Ed, LPC-S. Lori Vann has broken through the myths and misperceptions, to assist in understanding the dark emotions that surround self-injury. She provides caregivers, loved ones, and professionals with the vital tools needed to help those who suffer from this dangerous and widespread problem." Tiana Gooden, LCSW, Gooden Counseling. Lori Vann, MA, LPC-Supervisor has been nicknamed the "Guru of Self-injury" by peers and is considered an expert in the field with having treated just over 400 cases of self-injury, given over 60 presentations on the subject, been a consultant on over a hundred cases with peers & the media, and runs continuous self-injury support groups for tween & teen girls, women, & caregivers. LoriVannCounseling.com for more info on her background, upcoming seminars, & book reviews. YouTube Channel--Lori Vann, LPC-S

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- 155 pages

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If you or a loved one struggles with self-injury

By Susana Bryce

Lori Vann has written a very readable, practical, and thoughtful book about a topic that most people shy away from discussing. If you or a loved one struggles with self-injury, this book is definitely a go-to with regards to understanding, talking about and treating this tricky and misunderstood disorder. I will definitely recommend this book to my clients.

1 of 1 people found the following review helpful.

family and friends tend to have a knee-jerk reaction when they find that someone is injuring which usually just makes the situat

By Monty Guthrie

Lori Vann's "Caregiver's Guide to Self-Injury" is an insightful look into the seldom discussed and often misunderstood phenomenon of self-injury. Because there is so little information and education in the general public on this topic, family and friends tend to have a knee-jerk reaction when they find that someone is injuring which usually just makes the situation worse. This book is a great help to pull back the curtain and have a better understanding from the perspective of the injurer, as well as to help family and friends to know how to handle the situation. If you have someone in your life who has issues with self-injury, or if you just work around a large number of kids/teens, I would recommend this book.

1 of 1 people found the following review helpful.

I would recommend this book to anyone who loves or cares for ...

By Mandys Makings

Lori is known locally as the guru of self injury treatment and with a platform, such as this Caregiver's Guide, she is now able to reach far beyond our local community. I appreciate the time and dedication she has put forth to understand self injury in a way that many clinicians do not. She then goes beyond that to share what she has learned with other mental health and medical professionals as well as the general public. I would recommend this book to anyone who loves or cares for someone who hurts themselves.

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