

# COPING GONE WRONG: INSIDE THE WORLD OF TEEN SELF-INJURY

## Satellite Conference and Live Webcast

Tuesday, June 17, 2008 • 11:00 a.m.-1:00 p.m. (Central Time)

12:00-2:00 p.m. (Eastern) • 10:00 a.m.-12:00 p.m. (Mountain) • 9:00-11:00 a.m. (Pacific)

It's one of the most difficult health behaviors to identify and now new studies show more teenagers than ever before are deliberately hurting themselves. The behavior goes by a lot of names but is most commonly known as self-injury. The term typically refers to a variety of behaviors where a person intentionally inflicts harm to his/her body.

Self-injury includes a variety of behaviors and is most commonly associated with self-bruising, burning, abrading, and, perhaps most common, cutting of the skin. Behavior such as cutting has spread from the most severely psychiatrically ill patients to young people who are higher functioning. There is no one reason why people self-injure. Many say they do it because they're sad, anxious or emotionally numb and the self-injury is a way to manage those feelings, relieve stress or distract themselves from other problems.

Self-injury is not necessarily considered to be a suicide attempt. There are important distinctions between those attempting suicide and those practicing self-injury. In fact, studies show that self-injury is often done as a way of avoiding suicide. Though it should be noted, the relationship between self-injury and suicide is not clear since many who've self-injured say they've also considered or attempted suicide.

This program will explore this topic more in depth by defining non-suicidal, non-injurious behavior, comparing that to suicidal behavior and then discussing what's known about teens who participate in this practice and what can be done to help them cope.

### PROGRAM OBJECTIVES:

1. Identify non-suicidal self-injury and be able to discuss the complex relationship between these behaviors and suicidal behaviors.
2. Know some of the possible risk factors and characteristics of young people who engage in the behavior.
3. Know some possible psychological and sociological factors that may contribute to this behavior.
4. Know some of the counseling and therapeutic interventions often used with this group.

### FACULTY:

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### CONFERENCE DETAILS:

Target Audience: Professionals who work with adolescents and young adults, school counselors, special education teachers, school nurses, child advocates and mental health professionals.

Registration: [www.adph.org/alphtn](http://www.adph.org/alphtn)

CEUs: Nurses - ABN 2.2 hours • ASNA 1.8 hours approved  
Social Workers 1.8 hours approved

Satellite Technical Information: Ku & C bands

Webcast Access: On the day of the program, go to [www.adph.org/alphtn](http://www.adph.org/alphtn) and click on the "view webcast" link.

Conference Materials: Posted on ADPH website approximately one week before the program.

Questions For Faculty: Call or email those questions and a response will be given during the program.

Fax: 334-206-5640 • Email: [alphtnquestions@adph.state.al.us](mailto:alphtnquestions@adph.state.al.us)

Conference Details Questions: 334-206-5618 or send email to [alphtn@adph.state.al.us](mailto:alphtn@adph.state.al.us)