



# Self-Harm: A Psychotherapeutic Approach

*Fiona Gardner*

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## **Self-Harm: A Psychotherapeutic Approach** Fiona Gardner

Self-harm is worryingly common in young women, and is often used as a way of easing emotional suffering. *Self-Harm: A Psychotherapeutic Approach* explores the issues involved from the perspective of a psychoanalytical psychotherapist. Fiona Gardner examines these issues through extensive clinical material and an analysis of the social and cultural influences behind self-harm. This book will be of interest to all those working with those who are harming themselves, including psychotherapists, school counsellors, social workers and mental health clinicians.



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