

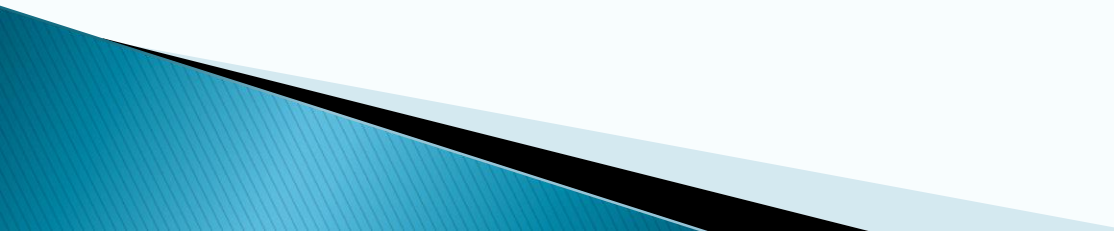
NSSI-Non-Suicidal SELF INJURY: There is Hope



Presented by :
Kaye Randall, LISW-CP

Self-Injury

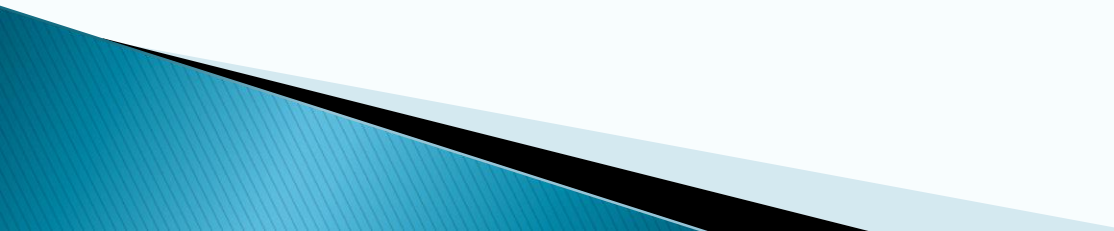
The deliberate mutilation of the body or a body part, not with the intent to commit suicide but as a way of managing emotions that seem too painful for words to express.



Youth who self injure share similar experiences

- ▶ Physical, emotional, or sexual abuse
- ▶ Parental (caregiver) alcoholism or other drug abuse
- ▶ Neglect or abandonment by a parent (caregiver)
- ▶ Loss of a parent (caregiver) through death or divorce
- ▶ Tense or abusive relationship between parents (caregivers)
- ▶ Disconnection in meaningful communication

Personality traits that those who self injure commonly share

- ▶ Constant aim for perfection
 - ▶ Dislike of one's body
 - ▶ Frequent mood swings
 - ▶ *Inability to cope with strong emotions
 - ▶ *Inability to release or express emotions to others
- 

Episodes of self injury result from varied emotions such as:

Anger

Rejection

Sadness

Failure

Fear

Loss or abandonment

Helplessness

Shame

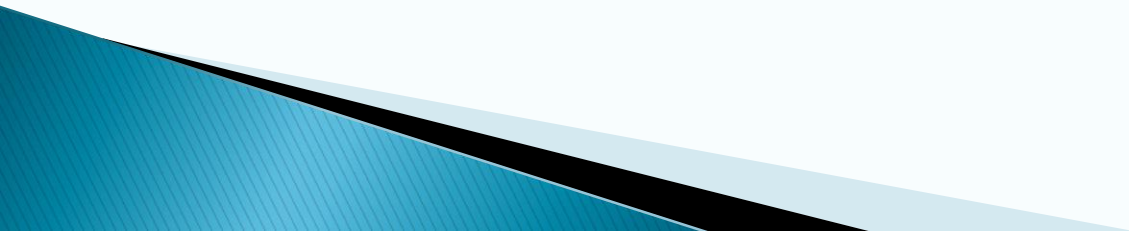
Anxiety





The Power of Interpretation:

A Strategy





Peaceful lake scene or
a Baby in a tree?

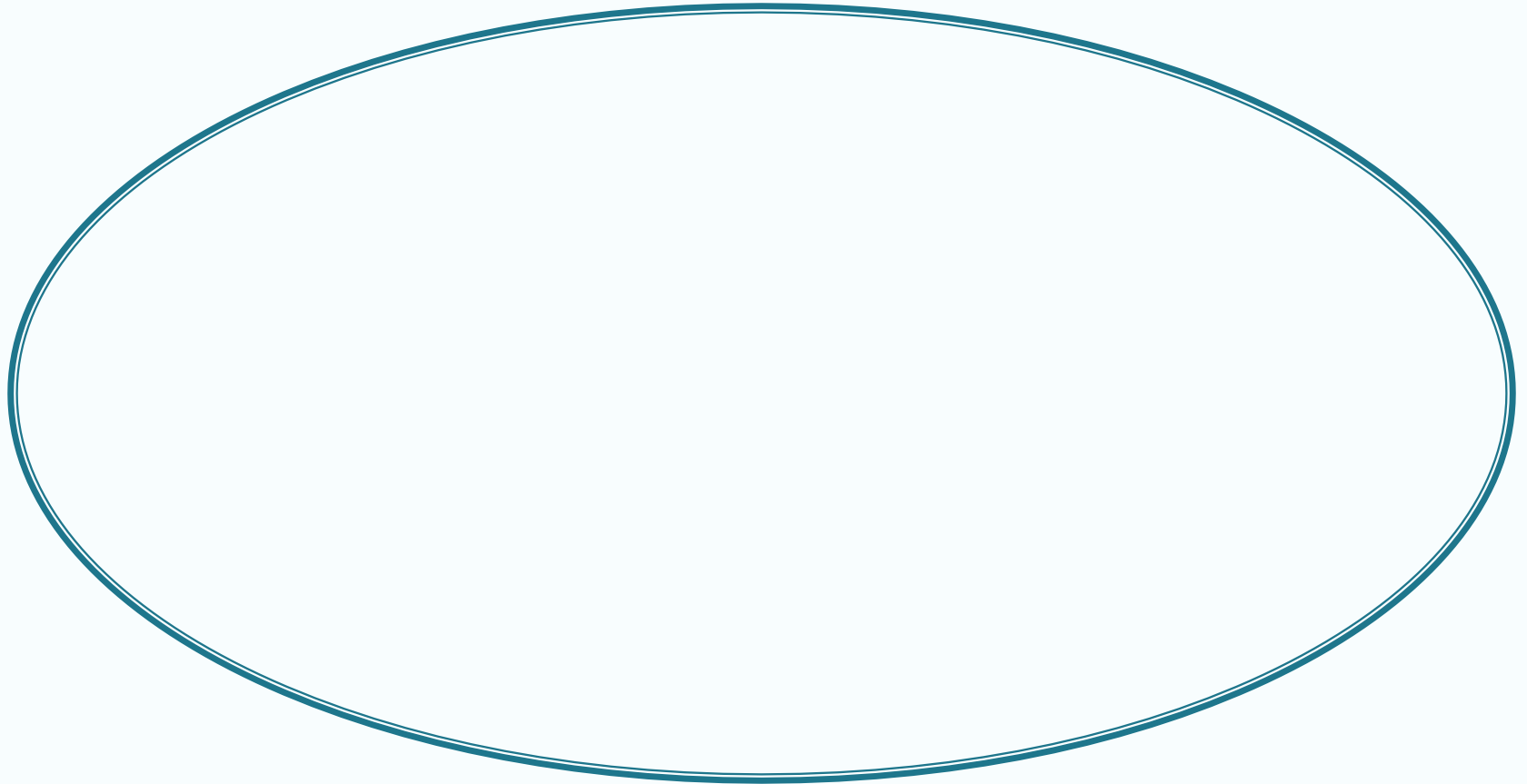




Face or Written Word?



Me as Author...A Responsibility Context



How have I contributed to this context...what has helped and what has not helped in my thoughts, interpretations emotions and actions

The experience of “Responsible”

“I am the Author of my life”

- ▶ Free
- ▶ Powerful
- ▶ Open
- ▶ Connected

- ▶ Worthy
- ▶ Energized
- ▶ Light
- ▶ Possibility

It's about choice!

It's about choosing how you relate to your experiences.

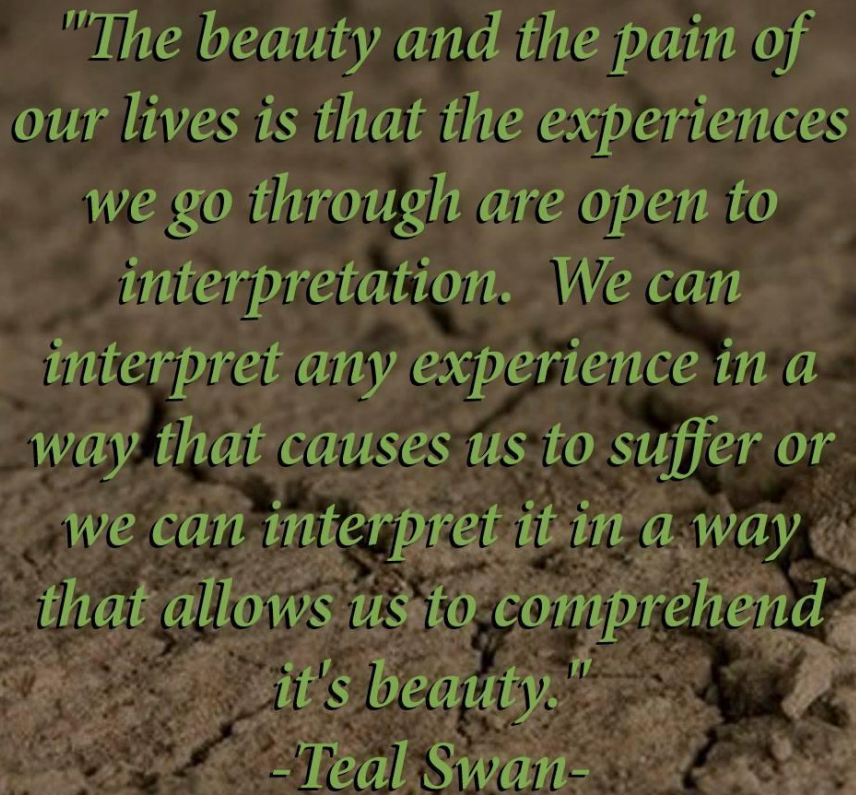
How you choose to interpret those experiences.

How you choose to respond rather than react

Being aware and intentional about what you contribute to
your life and those around you.

Make choices that support your goals!



A photograph of a small green seedling with two leaves emerging from a crack in dry, brown, cracked soil. The seedling is positioned on the right side of the image, and the soil is filled with a network of cracks, suggesting a harsh, arid environment.

*"The beauty and the pain of
our lives is that the experiences
we go through are open to
interpretation. We can
interpret any experience in a
way that causes us to suffer or
we can interpret it in a way
that allows us to comprehend
it's beauty."
-Teal Swan-*

Why Do People Engage in Self-Inflicted Violence?

Relief From Feelings

A Method of Coping

Stopping, Inducing, or Preventing
Dissociation



Physically Expressing Pain

Communication

Self-Nurturing



Self-Punishment

Re-Enacting Previous Abuse

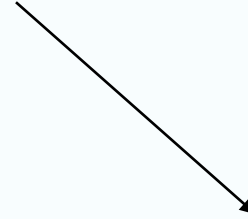
Establishing Control



TRIGGER



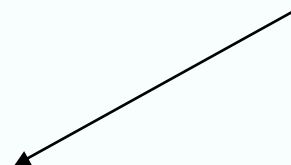
Thought



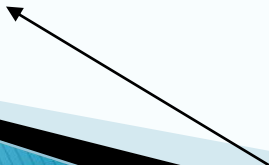
Feeling



Urge



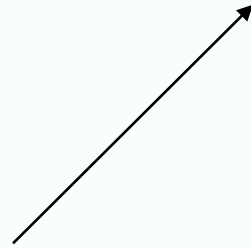
Action

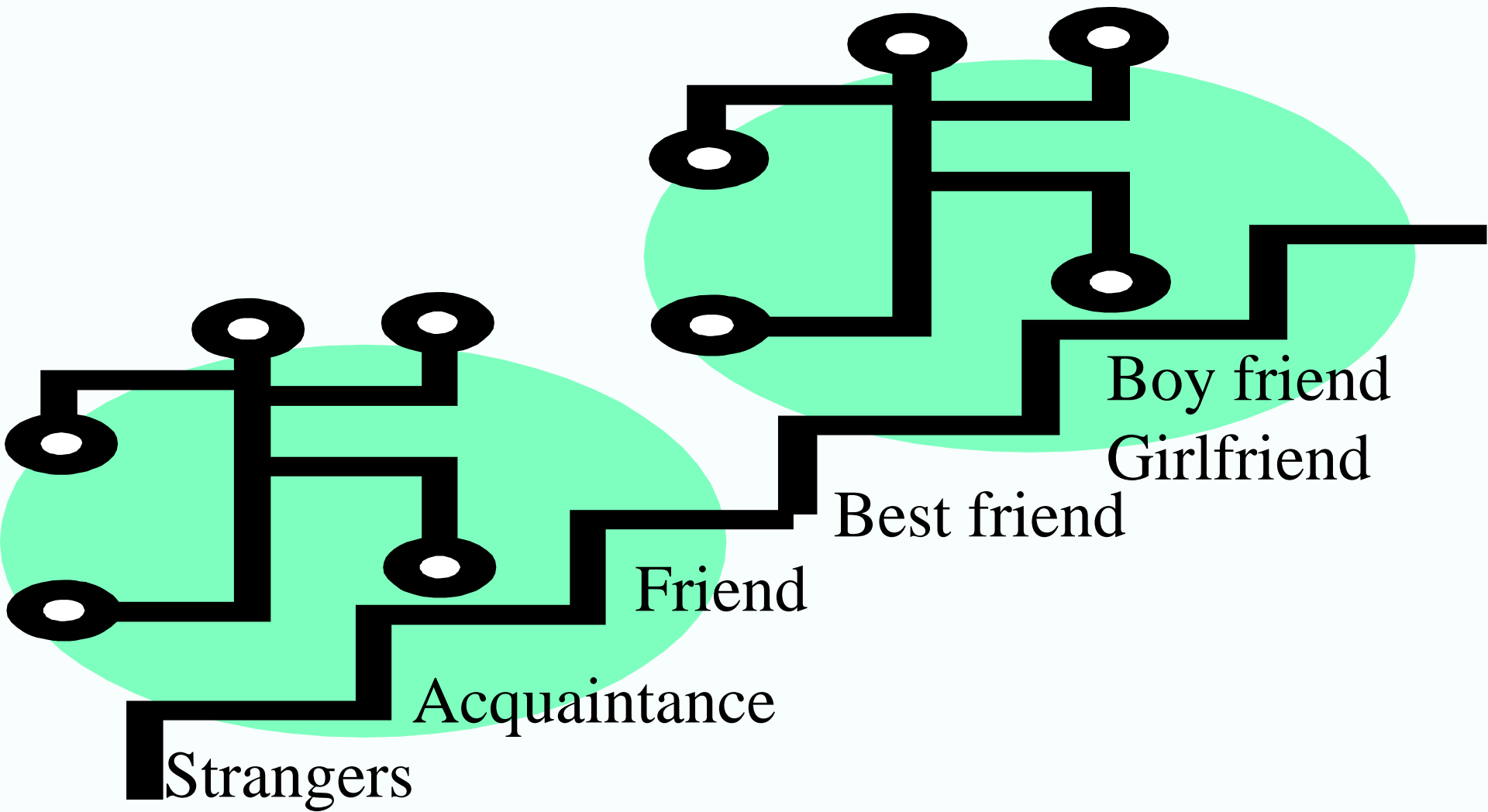


Relief

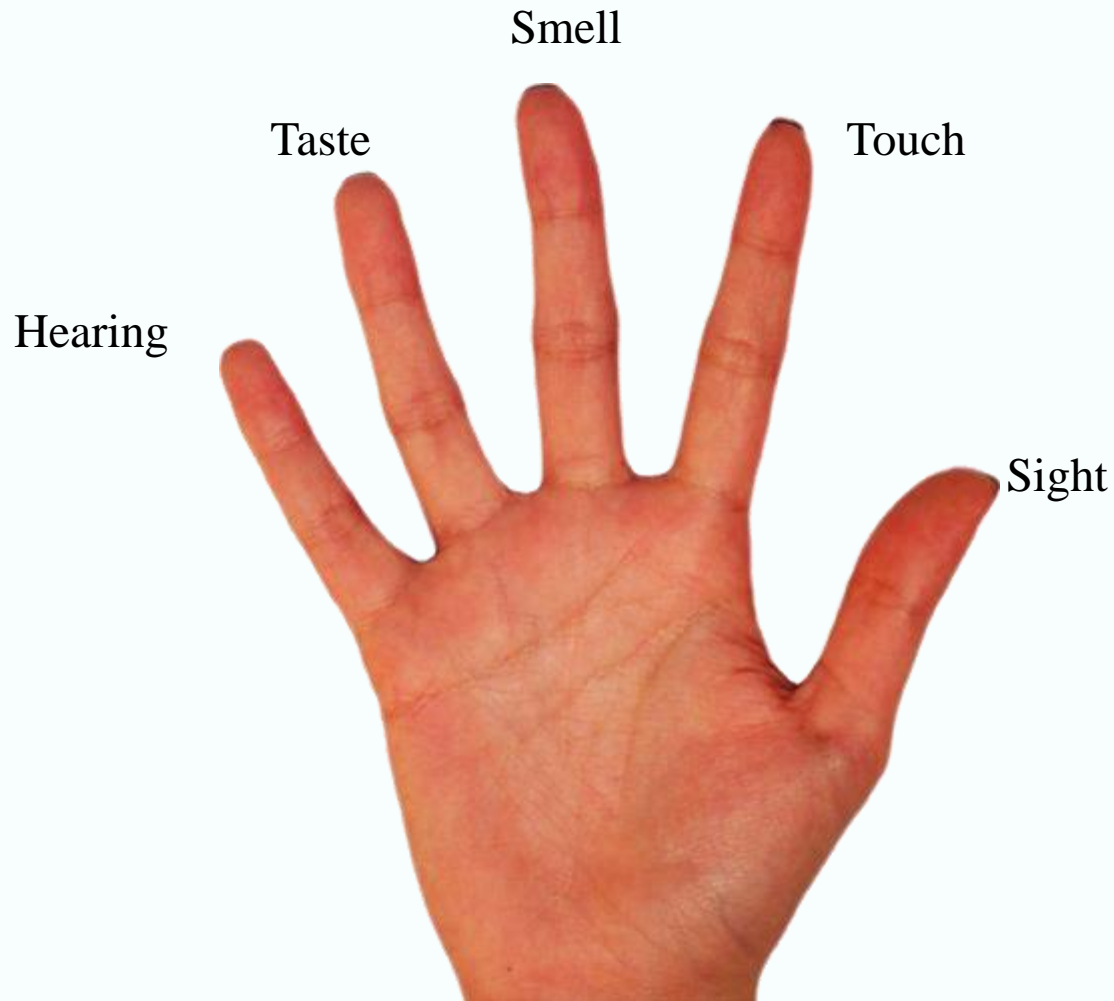


Guilt





Healing Sensory Grounding Activity



COMFORT KIT

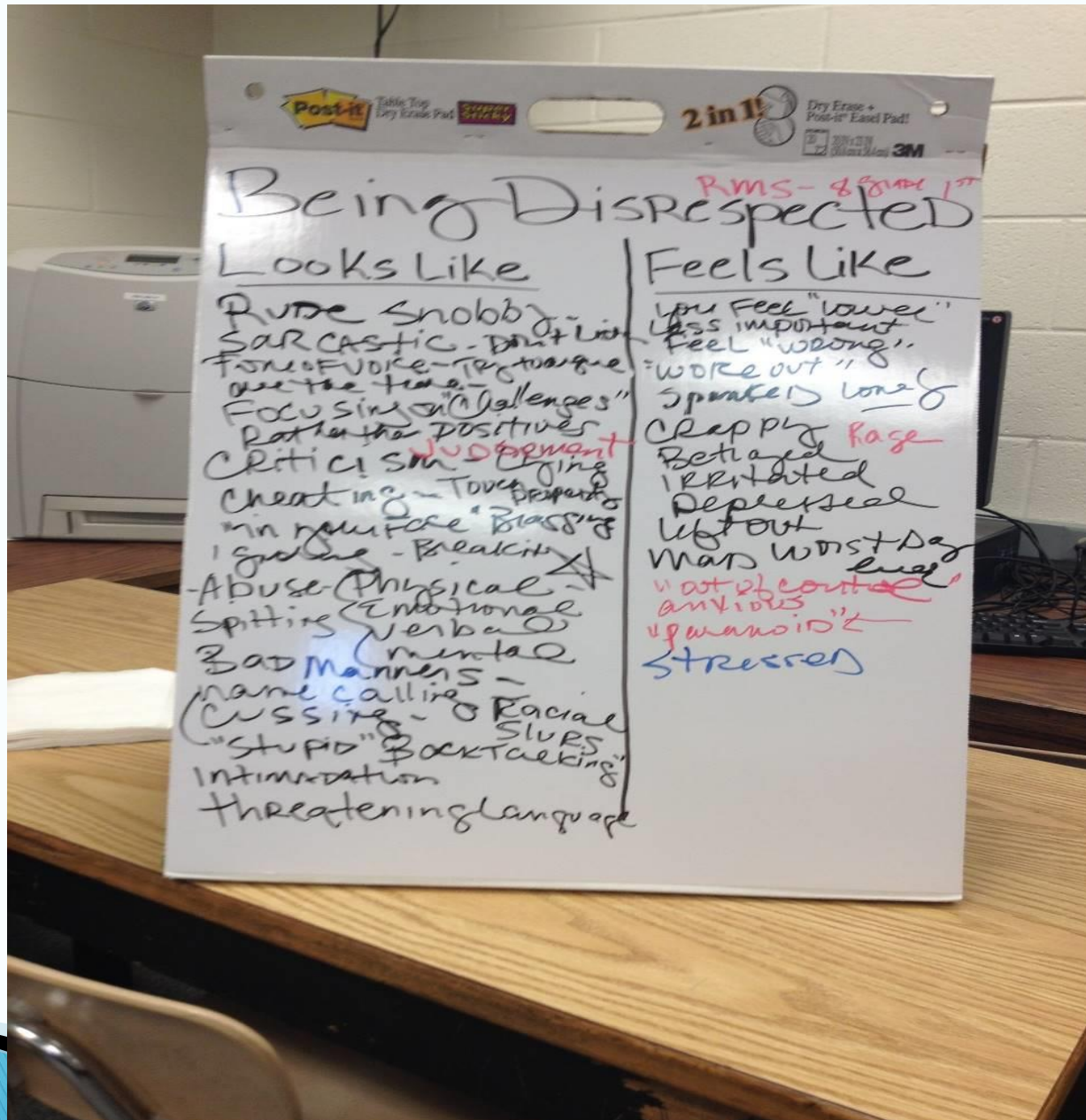


- ▶ Index card with next steps
 - ▶ Small journal
 - ▶ Hand lotion
- ▶ Names of people you can call
 - ▶ Sand timer/any timer
- ▶ An object representing personal strength

Looks Like/Feels Like:

The Experience

Respect: The Experience



Being Respected

RMS
8th - 1st

Looks Like

People are nice -
TRUST → they listen
GOOD MANNERS
Value your opinion
Accepting → Don't JUDGE
Acknowledgement
Helpful Have Faith in you
encouragement
Being in a position of Authority
(True leadership)
Laugh w/ you have fun
Feel understood -
compliments -
protected -
HONOR Boundaries
connected
included

Feels Like

GOOD Feel understood
on top of the world! ★
LOVED Happy
GLAD
appreciated
is overwhelmed
w/ happiness
CONFIDENT
Safe connected
included -
Relaxed calm





Table Top
Dry Erase Pad

SHURE

2 in 1

Dry Erase &
Vitality Panel Pad



Being Respected

RMS
2nd - 2nd

Looks Like

Do what you say - share
they listen to you
Compliment you
not hitting you
Keep your secrets
Trustworthy
Included
Respect personal boundaries
Respect your property
encouragement
Acknowledge you
Helpful motivate you
Trust your guidance
Hugs - laughter

Feels Like

A Dream
A Gift
Freedom
happy over 3000
tears of joy
Feel good in himself
want to be a success
expected - clean
quiet
Look forward to the
next day
Confidence
I would do
all that I could
do - no control
safety
special
useful
in charge



Table Top
Dry Erase Pad

REMOVABLE STICKY

2 in 1!



Dry Erase +
Post-it® Easel Pad!

20" x 28" (50.8 cm x 71.4 cm)

3M

RMS 8th 2nd

Being DisRespected

Looks Like

yelling at you - "Don't care"
 Don't feel heard -
 ignored - Breaking promises -
 angry when they say to do the "job"
 interrupt - and -
 say "I don't care" ^{tripping}
 Pushing
 Kicking Slapping
 - Verbal abuse / emotional abuse
 name calling -
 Reusing names -
 "Picking on them" - Teaching someone
 "take their friends"
 manipulative -
 Exclude you -
 manipulative friendships
 making fun of
 Laughing At / ^{steal} BOYFRIEND / GIRLFRIEND
 Mean Looks

Feels Like

want to go home
 worthless no friends
 want to go to school
 or move / transfer
 depressed MAD
 angry BAD
 Go home - wide
 suicidal thoughts
 cry - "alone"
 Revenge - Beat them up
 Self-harm
 you want to change
 Run away
 my voice doesn't
 matter - no one
 cares
 Trust issues
 want to kill them
 homicidal

It begins with a simple question....

How Will I Be a Difference Today?



“Be the change you wish to see in the world”
~ Gandhi