



Centre for Leadership and Community Learning COURSE OUTLINE

Division: Centre for Leadership and Community Learning
Program: Counselling and Capacity Building
Course Code: CY224
Course Title: Dealing with Self Mutilative Behavior in Young People

Course Effective Date:

Previous course code & title:

Required Elective Credits: 1

Total Course Hours (face-to-face): 14

Lab Hours (if any): NA

Practicum Hours (if any): NA

Delivery Method:

Face-to-face Distance Online

Prerequisites:

Equivalent Course(s) within the JI:

Brief Description:

Self-mutilative behaviour in young people in care is a major cause of concern. Not only does it often cause long-term physical damage to the young person but it is also quite distressing to caregivers, family members, and other clients. It can also cause severe disruption in residential programs and community settings. Self-mutilation is difficult to understand and even more difficult to treat successfully. This course examines the dynamics and treatment of self-mutilative behaviour in young people. It provides definitions of the behaviour, explores the differences between self-mutilation and suicide, and discusses the prevalence of the problem. It also examines various interventions and staff reactions to the behaviour, and looks at the possible contagion factors within the therapeutic milieu and community settings.

Evaluation Profile: Attendance only Credit / No Credit

Complete/Incomplete Pass/Fail

Letter Grade % Grade

Passing Grade (if applicable): Credit Granted

Evaluation Methods and Percentage of Total Grade:

100% attendance in all classes



Active contribution in large and small group discussions and activities.

Learning Outcomes / Goals:

The goal of this course is to prepare practitioners with the necessary knowledge and skills to work in a variety of settings with young people who self-mutilate. This will involve understanding the dynamics and characteristics of the behaviour as well as the various interventions used when dealing with it.

Learning Objectives:

Upon successful completion of this course, the participant will be able to:

1. Identify the historical and cultural contexts of self-mutilative behaviour.
2. Distinguish between self-mutilative and suicidal behaviour in young people.
3. Understand the dynamics, methods and classifications of self-mutilative behaviour.
4. Understand the relationship between self-mutilation and specific psychiatric disorders.
5. Understand the relationship between self-mutilation and specific traumatic events.
6. Understand the impact of self-mutilation by young people on the adults around them.
7. Understand the contagion dynamics associated with self-mutilation in community, residential and school settings.
8. Understand the efficacy and application of various interventions and therapeutic techniques for working with young people who self-mutilate.
9. Apply in practice settings the lessons learned from this course.

Course Topics/Content:

- Historical and cultural context of self-mutilation
- Conceptual model of self-mutilation
- Definitions of self-mutilation
- Self-mutilation as a clinical problem
- Prevalence of self-mutilation
- Suicide vs. self-mutilation
- Methods of self-mutilation
- Classifications of self-mutilation
- Dynamics of self mutilation
- Reasons for self mutilation
- Justifications of self mutilation
- Associated psychiatric disorders and conditions
- Dissociative disorders
- Eating disorders
- Borderline personality disorder



- Staff reactions
- Contagion
- Interventions and therapeutic techniques
- Guidelines for intervention
- Summary

Text and Resource Materials:

Required: As assigned

Recommended:

- Barstow, D.G. (1995). Self-injury and self-mutilation: Nursing approaches. *Journal of Psychosocial Nursing*, 33(2), 19-22.
- Blackwood, P. (1996). Self-harm: A struggle for survival. *Befriending Worldwide*, 4, 9.
- Carroll, J., Schaffer, C., Spensley, J., & Abramowitz, S.I. (1980). Family experiences of self-mutilating patients. *American Journal of Psychiatry*, 137(7), 852-853.
- Conterio, K. & Lader, W. (1998). *Bodily harm: The breakthrough program for self-injurers*. New York: Hyperion.
- Favazzo, A.R., & Conterio, K. (1988). The plight of chronic self-mutilators. *Community Mental Health Journal*, 24(1), 22-30.
- Favazzo, A.R., DeRosear, L., & Conterio, K. (1989). Self-mutilation and eating disorders. *Suicide and Life Threatening Behaviors*, 19(4), 352-361.
- Graff, H., & Mallin, R. (1967). The syndrome of the wrist cutter. *American Journal of Psychiatry*, 124(1), 74-80.
- Green, A.H. (1978). Self-destructive behaviour in battered children. *American Journal of Psychiatry*, 135(5), 579-582.
- Holmes, A. (2000). *Cutting the pain away: Understanding self-mutilation*. Philadelphia: Chelsea House Publishers.
- Leibenluft, E., Gardner, D.L., & Cowdry, R.W. (1987). The inner experience of the borderline self-mutilator. *Journal of Personality Disorders*, 140, 867-872.
- Levenkron, S. (1998) *Cutting: Understanding and overcoming self-mutilation*. New York: W.W. Norton and Company.



- Loughrey, L., Jackson, J., Molla, P. & Wobbleton, J. (1997). Patient self-mutilation: When nursing becomes a nightmare. *Journal of Psychosocial Nursing*, 35(4), 30-34.
- O'Brien, P., Caldwell, C., & Transeau, G. (1985). Destroyers: Written contracts can help cure self-destructive behaviors of the borderline patient. *Journal of Psychosocial Nursing*, 23(4), 19-23.
- Osuch, E.A., Noll, J.G., & Putnam, F.W. (1999). The motivations for self-injury in psychiatric inpatients. *Psychiatry*, 62, 334- 346.
- Pattison, E.M., & Kahan, J. (1983). The deliberate self-harm syndrome. *American Journal of Psychiatry*, 140(7), 867-872.
- Rosen, P.M., & Walsh, B.W. (1989). Patterns of contagion in self-mutilative epidemics. *American Journal of Psychiatry*, 146(6), 656-658.
- Rosen, P.M., Walsh, B.W., & Rode, S.A. (1990). Interpersonal loss and self-mutilation. *Suicide and Life-Threatening Behaviour*, 20(2), 177-183.
- Ross, R., & McKay, H. (1979). *Self-mutilation*. Toronto: Lexington Books.
- Safer, D.J. (1997). Self-reported suicide attempts by adolescents. *Annals of Clinical Psychiatry*, 9(4), 263-269.
- Shapiro, S. (1987). Self-mutilation and self-blame in incest victims. *American Journal of Psychotherapy*, XLI(1), 46-54.
- Simpson, C.A., & Porter, G.L. (1981). Self-mutilation in children and adolescents. *Bulletin of the Menniger Clinic*, 45(5), 428-438.
- Solomon, Y. & Farrand, J. (1996). "Why don't you do it properly?": Young women who self-injure. *Journal of Adolescence*, 19, 111-119.
- Suyemoto, K.L. (1995). Self-cutting in female adolescents. *Psychotherapy*, 32(1), 162-171.

Comments and Course Policies:

Evaluations:

Course outline changes: All changes to course outlines communicated to learners in class.

JI Policies refer to website:

www.jibc.bc.ca/studentsservices/main/academicsservices/policies.htm