Outstanding manual that offers a comprehensive approach to trauma-focused cognitive behavioral therapy: A primer. The science of subjective well-being: A more active Scotland - Scottish Government.

Healing the fragmented selves of trauma survivors integrates a neurobiologically informed understanding of trauma, dissociation, and attachment with a practical approach to treatment, all communicated in straightforward language accessible to both client and therapist. Readers will be exposed to a model that emphasizes “resolution”—a transformation in the relationship to one’s self.

Self-sabotage
Understanding your patterns of self-harm. Understanding your patterns of self-harm can help you to work out what gives you the urge to self-harm, and recognize when the urge is coming on. Remember, even when you are unable to resist the urge to self-harm, it is helpful to reflect afterwards on what happened.

Self-harm - Mind
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