



**S.A.F.E. ALTERNATIVES®**  
*Self Abuse Finally Ends*

## Resources for School Professionals

“As a psychologist who has worked for 25 years with teens and adults who self-injure, I was extremely moved by the video “Hero in the Hallway”. So many of our clients at S.A.F.E. ALTERNATIVES® report having grown up with a sense of being alone and misunderstood often suffering in silence with depression and anxiety. In the case of our clients they then turned to self-injury in an effort to deal with their intense emotional pain. With parents and teachers who were either unaware or turned a blind eye, they frequently tell us that they longed for someone to notice and intervene.

Students are in a unique position on the front line of everyday experiences to actually make a life-saving difference in a peer’s life. Encouraging students to speak up, to say what they see and know, begins to address the problem at the heart of the matter. “Hero in the Hallway” presents a simple but brilliant way to help kids become heroes, empowering them with the option to change the course of a child’s life. My hope is that this video will be the beginning of the end of bullying and perhaps all forms of kids’ suffering. This program has the potential to make a huge impact on the future mental health of our children..... “

Wendy Lader, Ph.D., M.Ed., President & Clinical Director of S.A.F.E. ALTERNATIVES®

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S.A.F.E. (Self Abuse Finally Ends) ALTERNATIVES® Programs utilize a combination of treatment approaches to address impulsive behaviors and self-injury, which is sometimes the effect of having been bullied. Cognitive-behavioral therapy uses contracts, behavior logs, and journals to help individuals understand and manage destructive thoughts and behaviors. In conjunction with this, interpersonal therapy assists adolescents and their families to gain the insights and skills necessary to build healthy relationships. Individual and group therapy explores issues underlying destructive behaviors.

Educators are often the first adults to know of a child’s self-destructive behavior. We hope to supplement the protocol you already have in place in your school and increase

your awareness and insight into impulsive behaviors. Additionally, we hope to help your students become healthy functioning members of society, free of all destructive behaviors.

*Children who are bullied are five times more likely to be depressed and far more likely to be suicidal.* \_\_\_\_\_ Fight Crime, Invest in Kids, September 2003

### **WARNING SIGNS**

(may be signs of being bullied)

Low self-esteem

Overwhelmed by feelings

Inability to function at home, school or work

Inability to maintain stable relationships

Wearing long pants and sleeves in warm weather

Unexplained frequent injuries, including cuts and burns

## **When to Seek Specialized Treatment**

When outpatient or generalized inpatient therapy has failed to decrease the intensity and/or frequency of the self destructive behavior.

When the student is new to self-injury but the behavior is escalating rapidly and/or dangerously.

When the destructive behavior negatively impacts one or more aspects of life (school, work, or relationships).

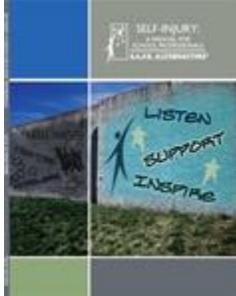
When the student displays an inability to cope with daily stressors without resorting to poor coping skills such as self-injury.

When the student has been working in treatment, voices a desire to change, but has been unable to enact any meaningful change in behavior or quality of life.

**“Quality of Life is a Choice”**

# S.A.F.E. Resources

## MANUALS:



### Self-Injury: A Manual For School Professionals

#### SCHOOL PROFESSIONALS WILL LEARN:

To identify the various forms and purposes of self-injury, the DO'S and DON'TS for counselors, nurses and teachers, how to assess for self-injury and suicide, specific intervention techniques and tools, how to talk to parents about self-injury, to identify resources and referrals for self-injurers who are in need of services outside of school, how to create a smooth transition for students returning to school from hospitalization or other forms of intensive treatment, and so much more.....



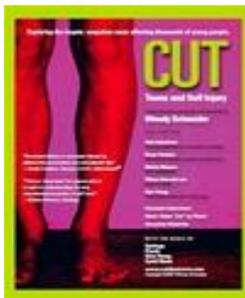
**Student Workbook** - The Student Workbook is designed to accompany "Self-Injury: A Manual for School Professionals". (above)

This Workbook can be used as an individual intervention (e.g., given to a student to complete on their own and then review with a staff member) or as a format for a more in-depth individual session with a counselor or in a group setting. The exercises can be used randomly or in order. It is possible to "pick and choose" the parts of exercises that are relevant at a given time.

## DVDs:



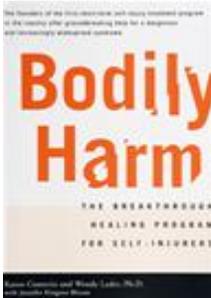
**"Can You See My Pain"** - DVD includes personnel stories as well as expert testimonials and comments by Karen Conterio and Wendy Lader, Ph.D., founders of S.A.F.E. ALTERNATIVES®. Through first-hand accounts, this program gives self-injurers a chance to tell their stories and talk about what they are doing to stop self-injuring themselves. These poignant stories are punctuated by comments from clinicians from S.A.F.E. ALTERNATIVES®, the first in-patient program in the country specifically designed to help self-injurers. An excellent resource for self-injurers, families, private practitioners, schools and healthcare providers. Running time: 30 minutes.



### CUT - Teens and Self-Injury DVD

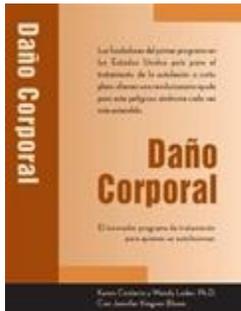
Award Winning Documentary featuring Karen Conterio. Provides an intimate look at a largely unacknowledged problem that affects thousands of young people, their families and friends. Using the words, music and artwork of the teens themselves, director Wendy Schneider draws back the curtain on the secrecy surrounding the cycle of self-harm and brings this hidden issue into sharp, clear focus. Compelling, incisive and profoundly moving, CUT issues a call to bring the problem of self-injury out of the shadows and reminds us that the first step towards healing is an honest acknowledgment of reality. Includes music by Garbage, Plumb, Gina Young, and Cyndi Boste. Running Time: 57 minutes.

## BOOKS:



### **Bodily Harm: The Breakthrough Healing Program for Self-injurers**

by Karen Conterio and Wendy Lader, Ph.D. is an authoritative examination of the behavior of self-injury. Written by the founders of S.A.F.E. ALTERNATIVES® (Self Abuse Finally Ends), it clearly defines what self-injury is and explains the kind of emotional trauma that can lead to self-injurious behaviors. Bodily Harm, offers a course of treatment based on years of experience, compassion, advice, and hope for the afflicted and their loved ones. An excellent resource for schools, the self-injurer, their families, friends and therapists. 10 CEUs available for licensed professionals.



“Daño Corporal” es la traducción al español de nuestro libro más popular, “Bodily Harm”, (“Bodily Harm” translated into Spanish)

“Daño Corporal: el innovador programa de recuperación para quienes se autolesionan”, cuyas autoras son Karen Conterio y Wendy Lader, Ph.D., es un análisis bien documentado sobre la conducta autolesiva. Este libro que ha sido escrito por las fundadoras de S.A.F.E. ALTERNATIVES® (sigla que proviene de la frase en inglés “finalmente termina el auto abuso”) claramente define que es la autolesión y explica los tipos de traumas emocionales que pueden conducir hacia conductas autolesivas.

Please visit the store at [selfinjury.com](http://selfinjury.com) for a current list of prices.

## Presentations

To schedule a presentation for school professionals as part of your staff development requirements, available ranging from 1 hour (local presentations) to full day seminars, please contact us at 800-DONTCUT® (366-8288) or by e-mail at [info@selfinjury.com](mailto:info@selfinjury.com).

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