

RESOURCE LIST: SELF HARM

Please note we are not a 'drop in' service. For more information about the library, or to arrange to borrow materials, please phone, or write to Isabell Robertson at the following address:-

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A. SELF HELP AND SUPPORT

1. Women who hurt themselves: a book of hope and understanding

By Dusty Miller,

Pub. Basic Books, USA, 1994

(Awaiting review)

2. Women and self injury: Understanding self injury

By Bristol Crisis Service for Women, Bristol, 1994

An introductory text for those who self-injure, professionals and anyone else who wants to understand self-injury. It explains what self-injury is and why someone might feel driven to hurt her own body. There are ideas for help and lists of resources and further reading. Explanations are illustrated with quotes from women with personal experience of self-injury.

3. Women and self-injury: Self-help for self-injury

By Bristol Crisis Service for Women, Bristol, 1994

This booklet is for any woman who is struggling with self-injury. It is also of value to professionals wishing to help someone overcome self-injury. It aims to help an individual understand and tackle what causes her to want to hurt herself. Again, women's own words help explain the ideas discussed.

4. Women and self-injury: for family and friends

By Bristol Crisis Service for Women, Bristol, 1994

The aim of this booklet is to help those who want to understand and support a woman or young person who struggles with self-injury. An important focus is the feelings and experience of supporters. There are quotes from partners, family and friends, and ideas to help supporters cope with their own feelings and needs.

5. Cutting out the pain, Proceedings of National conference on self -injury held on Sept 26th 1995

By Bristol Crisis Service, Bristol 1995

This report contains reports on workshops, speeches and review and recommendations.

6. What's the harm? a book for young people who self-harm or self-injure

Pub. The Basement Project, Bristol, 1997

A "self-help" booklet aimed at young people who self harm. There is also a section on "helping a friend". Includes a list of useful organisations

The self-harm help book

By Lois Arnold & Anne Magill

Pub. The Basement Project, Bristol, 1998

This book is for people who sometimes hurt or harm themselves. It is also useful for those working with individuals or groups on issues of self-harm, as well as for family and friends.

B. WORKING WITH SELF INJURY

1. Working with self injury: a practical guide

By Lois Arnold & Anne Magill

Pub. The Basement Project, Bristol, 1996

This really is a practical guide, for professionals and helpers who come across people who deliberately harm themselves in various ways. It provides background information about self-injury and explores the impact and implications of working with self-injury. The book provides practical information and ideas about how to support and respond to people who self -injure. Very useful

2. Needing attention: an evaluation of services for women who self-injure

By Bristol Crisis Service, Bristol 1995

This report covers women and self-injury; needs and services. Evaluations of telephone helpline services, information services and support groups.

3. Women and self-injury: a survey of 76 women

By Lois Arnold , Pub. Bristol Crisis Service, 1995

A report on women's experience of self-injury and their views on service provision. Also includes literature review and women's own recommendations.

4. Working with people who self-injure : a training pack

By Lois Arnold

Pub. Bristol Crisis Service for Women, Bristol, 1997

Loose leaf training pack on working with people who self injure. Includes handouts, case studies and exercises. Content looks at what self injury is, causes and effects, the needs of service users, developing policies and the needs of workers.

5. The Language of Injury: comprehending self-mutilation

By Gloria Baker and Lois Arnold

Pub. British Psychological Society, 1997

A sourcebook for all those who work with self injury. provides practical guidelines for work in various settings, and stresses

the importance of supervision and support for workers.

**6. Getting it right
a guide to creating a self-harm policy
Pub. The Basement Project, Abergavenny, 2001
By Lois Arnold and Anne Magill**

A guide designed to help organisations create a self-harm policy which will be workable and useful for them

**7. Silent Scream
young asian women and self harm
a handbook for professionals
Pub. Newham Asian Women's Project, London, 2004**

This handbook aims to raise awareness and provide information about the issues surrounding young asian women and self-harm. It also aims to improve and develop the understanding and skills of professionals working in this area.

C. EATING DISORDERS

**1. Eating distress, by Louise Roxanne Pembroke
Pub. Survivors Speak Out, London, 1993
(Awaiting review)**

**2. Hunger strike
By Susie Orbach,
Pub, Penguin, London, 1992
(Awaiting review)**

**3. Fat is a Feminist Issue: the self help guide for compulsive eaters.
By Susie Orbach
Pub. Arrow books 1988**

Published in the seventies and now a feminist classic, this pioneering book has helped many thousands of women to understand their difficult relationship with food and body image. Using case histories, looks at patterns of behaviour and feelings common amongst the many women who are compulsive eaters. Criticises the role of the media and fashion and diet industries in encouraging women's self-destructive obsession with dieting. The book contains a number of exercises such as guided fantasies which would be useful for group work. A book every woman should read

**4. Women in Therapy and counselling
By Moira Walker
Pub. Open University, Buckingham, 1990.
See chapter 7: Eating Disorders: women, food and the world (pp125-144).**

**VIDEOS
Visible memories
A film about self-injury**

Includes people who self-injure describing their experiences. Shows examples of statutory and voluntary agencies where there is good practice

SUPPLIERS
If you are considering buying any of the books mentioned please don't hesitate to contact us for advice on suppliers. Materials produced by Bristol Crisis Service can be purchased by mail order direct from them. Write for a publications list to: PO Box 654 Bristol BS99 1XH. Materials

by the Basement Project can be bought from: Basement Project, PO Box 5, Abergavenny, NP7 5XW, 01873 856524

FURTHER INFORMATION AND SERVICES

DUNDEE RAPE CRISIS CENTRE YOUNG WOMEN'S PROJECT
PO Box 83, Dundee DD1 9PF. Tel: 01382 206222
Training sessions available including 'Working with young survivors who self harm'. Contact Laurie Matthew.

EATING DISORDERS: SUPPORT GROUP
A group for women with eating disorders meets at the Centre for Women's Health, Sandyford Place, Sauchiehall Street Glasgow every Tuesday evening. For further details call 0141 211 6700.

HELPLINE
Bristol Crisis Service for Women offer a national helpline on Friday and Saturday evenings from 9pm to 12.30am tel: 0117 925 1119. The helpline is for women in emotional distress, particularly women survivors of abuse and those who self harm.

NEWSLETTER
SHOUT is a bimonthly newsletter which aims to break down isolation and provide support for women affected by self-harm. It is read and contributed to by women from all over the country, by groups and professionals who work with people affected by self-harm. Available c/o Bristol Crisis Service PO Box 654 Bristol BS99 1XH.

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