

Stopping The Pain: A Workbook For Teens Who Cut And Self Injure (Instant Help Book For Teens) By Lawrence Shapiro PhD

By Lawrence Shapiro PhD

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<http://www.fcps.edu/dss/osp/prc/resources/additional/documents/Self-Injure.pdf>

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<http://www.at-risk.com/Stopping-the-Pain-Workbook/>

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Grades 6-12. This comprehensive workbook provides 39 activities for helping teens who self-injure explore the reasons behind their need to hurt themselves.

<https://www.researchpress.com/books/749/stopping-pain>

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