



a cutter's memoir

# SKIN GAME

CAROLINE KETTLEWELL

# Skin Game A Cutters Memoir

**Rebecca L. Oxford**



## **Skin Game A Cutters Memoir:**

**Skin Game** Caroline Kettlewell, 1999-07-09 A memoir in which the author a former cutter discusses the reasons why she began cutting herself as an adolescent and shares the story of how she was finally able to overcome the affliction *Skin Game* Caroline Kettlewell, 2013-06-04 There was very fine an elegant pain hardly a pain at all like the swift and fleeting burn of a drop of hot candle wax Then the blood welled up and began to distort the pure stark edges of my delicately wrought wound The chaos in my head spun itself into a silk of silence I had distilled myself to the immediacy of hand blade blood flesh There are an estimated two to three million cutters in America but experts warn that as with anorexia this could be just the tip of the iceberg of those affected by this little known disorder Cutting has only just begun to enter public consciousness as a dangerous affliction that tends to take hold of adolescent girls and can last hidden and untreated well into adulthood Caroline Kettlewell is an intelligent woman with a promising career and a family She is also a former cutter and the first person to tell her own story about living with and overcoming the disorder She grew up on the campus of a boys boarding school where her father taught As she entered adolescence the combination of a family where frank discussion was avoided and life in what seemed like a fishbowl where she and her sister were practically the only girls the students ever saw became unbearable for Caroline She discovered that the only way to find relief from overpowering feelings of self consciousness discomfort and alienation was to physically hurt herself She began cutting her arms and legs in the seventh grade and continued into her twenties Why would a rational person resort to such extreme measures How did she recognize and overcome her problem In a memoir startling for its honesty humor and poignancy Caroline Kettlewell offers a clear eyed account of her own struggle to survive this debilitating affliction **Healing the Hurt Within 3rd Edition** Jan

Sutton, 2007-11-12 Skillfully woven together with empathic insight into the lives and minds of those who self injure *Healing the Hurt Within* is replete with the latest developments in the field informative statistical data instructive diagrams carefully selected resources case studies expert testimonies and practical self help activities The author s warmth compassion and regard for those caught in the cycle of self injury shines through the pages of this profoundly enlightening and extensively updated 3rd edition *Healing the Hurt Within* offers solace hope and direction to those who self injure guidance to family and friends supporting a loved one who self injures and guidelines to professionals and voluntary caregivers on how to respond to clients that self injure **Self-Injury** Judy Dodge Cummings, 2015-07-02 Life as a teenager can be tough Pressures from

school expectations from parents fitting in with peers and facing self doubt are just a few things that can weigh heavily on a teen s shoulders While some young adults seem to thrive on adversity others wilt under the strain and opt for less productive means of coping Millions of American teenagers and college students deliberately injure themselves as a way of handling stress They cut burn break and poison their bodies seeking physical pain as a means to avoid emotional pain In *Self Injury The Ultimate Teen Guide* Judy Dodge Cummings tackles this serious subject offering hope for young adults everywhere In

this book Cummings defines self injury as it is understood by the medical community and examines the causes of self harm The author shares the stories of several young women and men to help explain what types of people are most affected by this disorder Topics covered in this book include Who is most prone to self injury Internal and external triggers to self harm The impact of social media and the Internet on this issue Obvious and subtle signs of self harm Coping mechanisms Resources for individuals Aimed at teens who need to find healthier ways to handle the pressures of everyday life this book will also assist friends and families who want to help their loved ones Weaved throughout the chapters are first person accounts of teens who intentionally hurt themselves and their stories will help others understand they are not alone Providing paths to recovery Self Injury The Ultimate Teen Guide is a valuable resource for anyone who wants to break free from self destructive behavior

The Good Girl Revolution Wendy Shalit, 2011-04-20 Across the country there s a youth led rebellion challenging the status quo In Seattle and Pittsburgh teenage girls protest against companies that sell sleazy clothing Online a nineteen year old describes her struggles with her mother who she feels is pressuring her to lose her virginity In a small town outside Philadelphia an eleventh grade girl upset over a dirty book read aloud in English class takes her case to the school board These are not your mother s rebels Drawing on numerous studies and interviews the brilliant Wendy Shalit makes the case that today s virulent bad girl mindset truly oppresses young women She reveals how the media one s peers and even parents can undermine girls quests for their authentic selves and explains what it means to break from the herd mentality and choose integrity over popularity Written with sincerity and upbeat humor The Good Girl Revolution rescues the good girl from the realm of mythology and old manners guides to show that today s version is the real rebel Society may perceive the good girl as mild but Shalit demonstrates that she is in fact the opposite The new female role models are not people pleasing or repressed they are outspoken and reclaiming their individuality These empowering stories are sure to be an inspiration to teenagers and parents alike Join the conversation at [www.thegoodgirlrevolution.com](http://www.thegoodgirlrevolution.com)

*Girls Gone Mild* Wendy Shalit, 2007-06-26 At twenty three Wendy Shalit punctured conventional wisdom with *A Return to Modesty* arguing that our hope for true lasting love is not a problem to be fixed but rather a wonderful instinct that forms the basis for civilization Now in *Girls Gone Mild* the brilliantly outspoken author investigates an emerging new movement Despite nearly naked teen models posing seductively to sell us practically everything and the proliferation of homemade sex tapes as star making vehicles a youth led rebellion is already changing course In Seattle and Pittsburgh teenage girls protest against companies that sell sleazy clothing Online a nineteen year old describes her struggles with her mother who she feels is pressuring her to lose her virginity In a small town outside Philadelphia an eleventh grade girl upset over a dirty book read aloud in English class takes her case to the school board These are not your mother s rebels In an age where pornography is mainstream teen clothing seems stripper patented and experts recommend that we learn to be emotionally detached about sex a key and callously targeted audience girls is fed up Drawing on numerous studies and interviews Shalit makes the case that today s

virulent bad girl mindset most truly oppresses young women Nowadays as even the youngest teenage girls feel the pressure to become cold sex sirens put their bodies on public display and suppress their feelings in order to feel accepted and temporarily loved many young women are realizing that friends with benefits are often anything but And as these girls speak for themselves we see that what is expected of them turns out to be very different from what is in their own hearts Shalit reveals how the media one's peers and even parents can undermine girls' quests for their authentic selves details the problems of sex without intimacy and explains what it means to break from the herd mentality and choose integrity over popularity Written with sincerity and upbeat humor *Girls Gone Mild* rescues the good girl from the realm of mythology and old manners guides to show that today's version is the real rebel She is not people pleasing or repressed she is simply reclaiming her individuality These empowering stories are sure to be an inspiration to teenagers and parents alike *All in My Head* Paula Kamen, 2005-02-15 A personal cultural and scientific exploration of chronic untreatable pain **An**

**Experiential Approach to Psychopathology** Giovanni Stanghellini, Massimiliano Aragona, 2016-08-09 This book introduces the reader to a clear and consistent method for in depth exploration of subjective psychopathological experiences with the aim of helping to restore the ability within psychiatry and clinical psychology to draw qualitative distinctions between mental symptoms that are only apparently similar thereby promoting a more precise characterization of experiential phenotypes A wide range of mental disorders are considered in the book each portrayed by a distinguished clinician Each chapter begins with the description of a paradigmatic case study in order to introduce the reader directly to the patient's lived world The first person perspective of the patient is the principal focus of attention The essential defining features of each psychopathological phenomenon and the meaning that the patient attaches to it are carefully analyzed in order to make sense of the patient's apparently nonsensical experiences In the second part of each chapter the case study is discussed within the context of relevant literature and a detailed picture of the state of the art concerning the psychopathological understanding of the phenomenon at issue is provided **An Experiential Approach to Psychopathology** and the method it proposes may be considered the result of convergence of classic phenomenological psychopathological concepts and updated clinical insights into patients' lived experiences It endorses three key principles subjective phenomena are the quintessential feature of mental disorders their qualitative study is mandatory phenomenology has developed a rigorous method to grasp what it is like to be a person experiencing psychopathological phenomena While the book is highly relevant for expert clinical phenomenologists it is written in a way that will be readily understandable for trainees and young clinicians **Clinical Neuroscience** Kelly Lambert, 2004-11-26 Integrating neurobiological mechanisms of general health into the coverage of mental disorders this text also looks at other aspects of neuroscience and the ways in which it impacts on the mental condition [The Four Domains of Mental Illness](#) Rene J. Muller, 2017-12-22 *The Four Domains of Mental Illness* presents an authentic and valid alternative to the DSM 5 which author Ren J Muller argues has resulted in many patients being

incorrectly diagnosed and wrongly medicated Dr Muller points out where the DSM 5 is mistaken and offers a guide to diagnosis based on the psychobiology of psychiatrist Adolf Meyer and the insights of existential philosophy and psychiatry His model identifies the phenomena of the mental illnesses that clinicians most often see which are characterized by identifying their structure or partial structure Using the FDMI approach clinicians can grasp how each mental illness is an aberration of Martin Heidegger's being in the world

The Language of Peace Rebecca L. Oxford, 2013-04-01 The Language of Peace Communicating to Create Harmony offers practical insights for educators students researchers peace activists and all others interested in communication for peace This book is a perfect text for courses in peace education communications media culture and other fields Individuals concerned about violence war and peace will find this volume both crucial and informative This book sheds light on peaceful versus destructive ways we use words body language and the language of visual images Noted author and educator Rebecca L Oxford guides us to use all these forms of language more positively and effectively thereby generating greater possibilities for peace Peace has many dimensions inner interpersonal intergroup international intercultural and ecological The language of peace helps us resolve conflicts avoid violence and reduce bullying misogyny war terrorism genocide circus journalism political deception cultural misunderstanding and social and ecological injustice Peace language along with positive intention enables us to find harmony inside ourselves and with people around us attain greater peace in the wider world and halt environmental destruction This insightful book reveals why and how

Nonsuicidal Self-Injury E. David Klonsky, Jennifer Muehlenkamp, Stephen P. Lewis, Barent Walsh, 2011-01-01 Nonsuicidal self injury NSSI is a baffling troubling and hard to treat phenomenon that has increased markedly in recent years Key issues in diagnosing and treating NSSI adequately include differentiating it from attempted suicide and other mental disorders as well as understanding the motivations for self injury and the context in which it occurs This accessible and practical book provides therapists and students with a clear understanding of these key issues as well as of suitable assessment techniques It then goes on to delineate research informed treatment approaches for NSSI with an emphasis on functional assessment emotion regulation and problem solving including motivational interviewing interpersonal skills CBT DBT behavioral management strategies delay behaviors exercise family therapy risk management and medication as well as how to successfully combine methods

**Understanding Self-Injury** Stephen P. Lewis, Penelope A. Hasking, 2023 Understanding Self injury A Person Centered Approach offers a new way to think about self injury that simultaneously draws on the latest empirical research and the insights of individuals who self injure The book not only covers the latest scientific and clinical advances in the field but also tackles issues that individuals face every day stigma social media conceptualizations of recovery and advocacy This book is a must read for anyone who wishes to further their understanding of self injury and adopt a person centered rather than a medicalized condition centered or deficit based view of the behavior and individuals who engage in it

The Oxford Handbook of Suicide and Self-injury Matthew Nock, 2014 This handbook provides a

comprehensive summary of the most important and exciting advances in our understanding of suicide and self injury and our ability to predict and prevent it      Concerning Consequences Kristine Stiles,2016-03-21 Kristine Stiles has played a vital role in establishing trauma studies within the humanities A formidable force in the art world Stiles examines the significance of traumatic experiences both in the individual lives and works of artists and in contemporary international cultures since World War II In *Concerning Consequences* she considers some of the most notorious art of the second half of the twentieth century by artists who use their bodies to address destruction and violence The essays in this book focus primarily on performance art and photography From war and environmental pollution to racism and sexual assault Stiles analyzes the consequences of trauma as seen in the works of artists like Marina Abramovic Pope L and Chris Burden Assembling rich intellectual explorations on everything from Paleolithic paintings to the Bible s patriarchal legacies to documentary images of nuclear explosions *Concerning Consequences* explores how art can provide a distinctive means of understanding trauma and promote individual and collective healing      *Inside a Cutter's Mind* Jerusha Clark,2014-02-27 Cutting is a practice that has crossed age and gender lines It s not just depressed teens who inflict injury on themselves it can be anyone dealing with overwhelming feelings This book explores the complex issue of cutting without offering any pat or simple fixes It examines the psychology of the feelings of anger and despair behind it and the counseling resources that can help This book is a great tool to help those who engage in cutting pastors who want to learn more or those who need to understand someone who practices self injury      **Treating Self-Injury** Barent W. Walsh,2014-01-01 This trusted practitioner resource is acclaimed for its clear compassionate and hopeful approach to working with clients who self injure Barent Walsh provides current evidence based knowledge about the variety and causes of self injurious behavior its relationship to suicidality and how to assess and treat it effectively Illustrated with detailed case examples chapters review a wide range of cognitive behavioral interventions Essential guidance is provided on tailoring the intensity of intervention to each client s unique needs Walsh is joined by several colleagues who have contributed chapters in their respective areas of expertise Reproducible assessment tools and handouts can be downloaded and printed in a convenient 8 1 2 x 11 size New to This Edition Incorporates up to date research and clinical advances Now uses a stepped care framework to match interventions to client needs Chapters on the relationship between suicide and self injury formal assessment family therapy and residential treatment for adolescents Special topic chapters on the choking game foreign body ingestion multiple self harm behaviors and self injury in correctional settings      Information and Referral ,1998      *Tales Out of School* Susan Shreve,Porter Shreve,2000 *Tales Out of School* is a luminous collection of diverse and passionate stories on the ground testimonies to the experience of sitting in an American classroom today Sherman Alexie writes of the sweet almost innocent choices that Indian boys are forced to make in school and Stuart Dybek tells his own story of highly instructive Catholic grade school field trips to the country jail and the stockyards Carolyn Ferrell illuminates the school world within a world called special ed Bich Minh Nguyen writing of

her trajectory from Saigon to school in Grand Rapids Michigan says of immigrants I know that some kids want to disappear and disappear until they actually do David Sedaris narrates a horribly funny story of life underground as a gay eighth grader and Caroline Kettlewell describes her compulsion to transgress school rules and the bloody absolution found in cutting Finally Francesca Delbanco tells what happens when a Seventeen magazine school beat reporter meets with students at a progressive school full of eighteen year olds who do not understand that their talents at sheep shearing and tractor riding are luxuries underwritten by their parents BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved

**Hope and Healing for Kids Who Cut** Marv Penner, 2009-05-26 You may have noticed them the kids who are hiding their pain under long sleeves or wristbands Or you might never notice them the ones who seem to have life together except for the deep secret that they keep hidden beneath their clothes This is no longer a fringe issue that occurs only in the most extreme cases The truth is that many teens today are dealing with their emotional pain by inflicting physical pain upon themselves whether we can see it on the surface or not While we may never fully understand the motives behind self mutilation and cutting we can begin to understand why some teens cut and more importantly we can learn how to help Hope and Healing for Kids Who Cut will take you into the world of self injury defining what it is and what it is not You ll hear stories from teens and young adults who struggle with the urge to hurt themselves and you ll learn to recognize the signs of self injury In addition counselor and professor Marv Penner will help you understand the cycle of addiction that has become everyday life for so many hurting teens and he ll give you the tools and wisdom to help a self injurer find hope and healing Whether you know someone who is cutting or you are struggling with this addiction yourself Hope and Healing for Kids Who Cut is something you want to have in your first aid kit



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