



# **The Adolescent & Young Adult Self-Harming Treatment Manual: A Collaborative Strengths-Based Brief Therapy Approach**

*Matthew D. Selekman*

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**A detailed treatment protocol for working with self-harming adolescents and young adults.**

Self-harming behavior in young adults and adolescents is one of the most intimidating and challenging presenting problems therapists and healthcare and school professionals face in their practice settings, yet the literature on this behavior remains scant. This workbook, a companion to *Selekman's Working with Self-Harming Adolescents*, provides a detailed treatment protocol for working with this challenging population. It is a user-friendly resource book for conducting individual, couple, family, and group therapy with young adult and adolescent self-harming clients. In addition, it presents a plethora of highly effective therapeutic strategies and interventions and practice guidelines. This manual will help both highly seasoned and beginning therapists feel more confident and competent working with young adult and adolescent self-harming clients.

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