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

“Clinically brilliant, rooted in up-to-date research, and deeply respectful of clients and their families, this book is a valuable toolbox for professionals. Matthew Selekman offers a creative and integrative approach for the comprehensive treatment of self-harm, but also a template for a truly collaborative practice with any troubled adolescent and his or her family. This is a must-read for any professional working with self-harming adolescents, and a valuable resource for any family therapy student or practitioner.”
—Mark Beyebach, PhD, Professor, Systemic Therapy Master’s Program, Pontifical University of Salamanca, Spain

“Matthew Selekman provides an array of incredibly useful tools for therapists, parents, and professionals aiming to understand and positively intervene with self-harming youth. Well grounded in both science and practical wisdom, this book is a treasure chest of approaches, activities, and examples for helping individuals identify and use their strengths to overcome self-injury. Though written with clinical settings in mind, the ideas contained here are a gift to anyone endeavoring to help young people actively thrive.”
—Janis Whitlock, PhD, MPH, Director, Cornell Research Program on Self-Injurious Behavior in Adolescents and Young Adults, Cornell University

Self-harming behavior in young adults and adolescents is one of the most intimidating and challenging problems presenting therapists and healthcare and school professionals face in their practice settings, yet the literature on this behavior remains scant. This workbook 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, author Matthew Selekman 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.

Matthew D. Selekman, MSW, LCSW, is the co-director of Partners for Collaborative Solutions and has a private practice in Evanston, IL. He is the author of Pathways to Change: Brief Therapy with Difficult Adolescents (Second Edition), Solution-Focused Therapy with Children: Harnessing Family Strengths for Systemic Change, and Family Therapy Approaches with Adolescent Substance Abusers. Matthew has presented his Collaborative Strengths-Based Brief Therapy approach with challenging adults, adolescents, and children extensively throughout the world.

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