

Treating Risky and Compulsive Behaviors in Adolescents and Young Adults **PART II**

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Etiology

- Early trauma, child abuse and neglect
- Attachment disturbance
- Imbalance between:
 - Triggerable attachment/trauma-related distress
 - Anger, anxiety, self-hatred
 - Inadequate emotional regulation

Functions

- Distress Reduction Behaviors (DRBs)
- Functions include
 - Distraction from emotional pain
 - Externalization/displacement
 - Communication of distress
 - Proximity-seeking
 - Relief from dissociation/numbing
 - Self-punishment to reduce shame or guilt
 - Increased sense of control

Assessment of SIB

Self-injury Behaviors and Functions Review (SBFR)

Behavior	Your age		The number of times you did this			
	The first time you did this	The last time you did this	In the last 6 months (estimate)	In the last month (estimate)	In the last week	In the last 24 hours
1. Cutting or scratching yourself, with glass, a razor blade, or another object						
2. Scratching yourself with your fingernails in order to bleed or feel pain						
3. Burning yourself with a cigarette, candle, flame, or a very hot object						
4. Stabbing yourself or piercing part of your body in order to						

Reason why you did one or more of these things	How often was this one of the reasons why you hurt yourself?				
	Never the reason	Occasionally one of the reasons	Often one of the reasons	Very often one of the reasons	One of the most important reasons
1. To distract yourself from your problems					
2. To feel in control of yourself or your body					
3. To stop feeling numb or shut down					

Part III concludes this presentation: Treating Risky and Compulsive Behaviors in Adolescents and Young Adults

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