

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

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Types of self-injury

- Cutting torso or extremities
- Burning
- Self-stabbing or piercing
- Self-biting or chewing
- Picking at wounds or scabs
- Head banging
- Punching or hitting oneself
- More extreme behaviors

Etiology

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

Part II continues this presentation: Treating Risky and Compulsive Behaviors in Adolescents and Young Adults

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