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Cutting: Understanding and Overcoming Self-Mutilation

Steven Levenkron

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A seminal work on treating self-mutilation, revised and updated with illuminating case studies and newly available resources.

Nearly a decade ago, *Cutting* boldly addressed a traumatic psychological disorder now affecting as many as two million Americans and one in fifty adolescents. More than that, it revealed self-mutilation as a comprehensible, treatable disorder, no longer to be evaded by the public and neglected by professionals. Using copious examples from his practice, Steven Levenkron traces the factors that predispose a personality to self-mutilation: genetics, family experience, childhood trauma, and parental behavior. Written for sufferers, parents, friends, and therapists, *Cutting* explains why the disorder manifests in self-harming behaviors and describes how patients can be helped.

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