

Self-Injury Videos

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Can You See My Pain? (cc)

Can You See My Pain? powerfully explores the topic of self-injury. Nearly 3 million people in the United States are currently estimated to self-injure. As a disorder that is just beginning to come to light, it engenders confusion and mixed responses. Even among professionals, as people struggle to identify the causes and treatment strategies for self-injury. Personal accounts of women, ages 14 to 57, and statements by professionals, Karen Conterio and Dr. Wendy Lader, authors of the book *Bodily Harm: The Breakthrough Program for Self-Injurers*, provide a comprehensive look at this problem. *Can You See My Pain?* presents treatment strategies and messages of hope for those who self-injure.

High School-Adult 60 min. 2000 V-5051 or DVD-5051

The Enemy Inside [HOPE TO ORDER]

It's hard to understand teenagers cutting themselves, but kids do deliberately burn, scratch and cut themselves until they bleed. Even the kids involved with teenage cutting can't tell you why it makes them feel better... at least for the moment. They can tell you that it's addictive and scary. "Cutting" is the most popular form of self-injury today, and it is on the rise among adolescents. Teenagers cutting themselves is a sign of emotional pain but it can also lead to major physical injury... and even death in some cases. The addictive nature of this condition allows it to spin quickly out of control. How can you help prevent teenage cutting? The first step is communication, but talking about teenage cutting isn't easy. *The Enemy Inside* can help. Compelling true stories from kids who struggle with self-injury will help explain why kids do it, why they want to stop – and so often why they can't. You'll also hear expert advice for parents, teachers and counselors, on how to help prevent this kind of self-harm cutting and how to suggest healthier alternatives.

High School min. 2005 DVD-

Hidden Scars, Silent Wounds: Understanding Self-Injury (cc)

This video investigates the phenomenon of self-injury. Self-injury refers to a pattern in which a person harms himself or herself by cutting or even burning parts of the body to relieve stress from pent-up emotions. Many people suffer from this usually secretive activity. Typically they have endured unusual and stressful events or abusive family situations, and have resorted to self-injury as an unhealthy coping mechanism. The video and print package demystifies this often-misunderstood problem by offering candid interviews with "cutters" and their families, as well as commentary by noted experts in the field. One interviewee describes her cutting as a form of self-punishment, but also as a strategy to keep her emotions from spiraling out of control. Viewers learn about the symptoms and causes of self-injury from a psychologist along with effective knowledge to sufferers and their families.

Grades 7-College 25 min. 2002 V-5052

Skin Deep: Understanding Self-Injury

Each year nearly two million people hurt their own bodies with knives, scissors, glass, cigarettes, candles, and any destructive item they can get their hands on. In *Skin Deep*, patients and experts explain why people harm themselves and how they can recover from this secret affliction, which affects as many people as anorexia. While the self-inflicted scars may be kept hidden, it's time to expose information about self-injury to reach young people, educators, and counselors who may have to deal with this emerging issue. In fact, someone you know could be suffering.

High School/Adult 21 min. 2001 V-5054

Stopping the Pain: Teenage Self-Injury (cc) [HOPE TO ORDER]

The number of adolescents who participate in acts of self-injury is growing exponentially. The forms and severity of self-injury can vary, although the most commonly-seen behaviors are cutting, burning, and head-banging. At the core of the behavior is the overwhelming need for relief from extreme tension or anxiety, or overwhelmingly painful feelings. In this program, several teens describe what led them to self-injury, how they got help, and how they found healthy ways to deal with their problems. Identifies some of the reasons why young people self-injure: to punish themselves for not being "perfect", to relieve emotional stress, to feel less numb, and to feel in control when everything else in their lives seems out-of-control. Emphasizes that it is possible for self-injurers to address their problems in more healthy ways and to learn coping skills. Advises viewers on how they can help friends or classmates who self-injure.

Grades 7-College 20 min. 2009 DVD-