



# Publications

by **Bristol Crisis Service for Women**

*Note: The emphasis in our publications is on women's experience, but much of our material may also be of relevance and interest to men who self-injure and their supporters.*

**Women and self-injury booklet series** *Booklets*  
*£4.00 each*

**1 Understanding self-injury** ISBN 0 9531348 1 4

An introductory text for those who self-injure, professionals and anyone else who wants to understand self-injury. It explains what self-injury is and why someone might feel driven to hurt her own body. There are ideas for help and lists of resources and further reading. Explanations are illustrated with quotes from women with personal experience of self-injury.

**2 Self-help for self-injury** ISBN 0 9531348 2 2  
**(Now also available in LARGE PRINT)**

This booklet is for any woman who is struggling with self-injury. It is also of value to professionals wishing to help someone overcome self-injury. It aims to help an individual understand and tackle what causes her to want to hurt herself. Again, women's own words help explain the ideas discussed.

### **3 For friends and family** ISBN 0 9531348 3 0

The aim of this booklet is to help those who want to understand and support a woman or young person who struggles with self-injury. An important focus is the feelings and experience of supporters. There are quotes from partners, family and friends, and ideas to help supporters cope with their own feelings and needs.

### **4 Self-injury, support and self-help groups** ISBN 0 9531348 4 9

This booklet is for anyone interested in setting up or being involved in a self-help group. It examines the practical concerns as well as some of the particular issues that may arise in a group supporting people who self-injure.

## **Special Report** *Price £10*

### **Local Needs Analysis (2000)** ISBN 0 9531348 8 1

Detailed research and analysis of the current service needs of women who self-injure in the former Avon and Western Wiltshire Trust area. Based on questionnaires and interviews both from women who self-injure and workers who work with people who self-injure.

## **Reports** *Price £6 (professionals and organisations) / £3 (individuals/unfunded groups)*

### **Women and self-injury: a survey of 76 women (1995)** ISBN 0 9531348 5 7

A report on research carried out by BCSW into the experience and needs of women who self-injure.

### **Needing attention: an evaluation of services for women who self-injure (1995)** ISBN 0 9531348 6 5

A review of the work of Bristol Crisis Service for Women and of self-injury support groups, with reference to the needs of women who self-injure

and the appropriateness of other currently available services. The report draws useful conclusions about good practice in service provision and in worker training and support, which are relevant in many settings.

**Cutting out the pain: Conference proceedings (1995)** ISBN 0 9531348 7 3

Report on the "Cutting out the pain" conference on self-injury, held 26 September 1995. Includes transcripts of speeches by Diane Harrison, Lucy Johnstone, Lois Arnold, as well as key points from workshops and recommendations for good practice in services.

## **Working with People who Self-injure**

**Training Pack** ISBN 0 9531348 0 6 *Price: £70.00*

A specially developed modular training pack for professionals working with people who self-injure, designed to be used flexibly in one or two day workshops for workers in a wide range of settings. All materials have been developed through Bristol Crisis Service for Women's extensive work with women who self-injure, and training experience in a wide variety of agencies including mental health services, social services, secure settings, voluntary organisations. Included are trainers' notes, participative exercises, handouts, OHP originals, and resources.

Modules are: *What is self-injury? What issues does self-injury raise for workers? Why do people self-injure? What are the needs of people who self-injure? Professional approaches to self-injury. Skills development. Reviewing our own practice. Looking at workers' own needs. Exploring alternatives to self-injury.*

**Good Practice Guidelines** ISBN 0 9531348 3 0

*Price: £8.00 (professionals and organisations) / £4 (individuals/unfunded groups)*

Guidelines for working with people who self-injure. A useful starting-point for reviewing existing practice or for the development of new services. Of relevance to individual workers, teams, managers and to service planners.

**We also produce a selection of leaflets. See order form for details.**

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