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[Cutting Down: An Evidence-based CBT Workbook for Treating Young People Who Self-harm 2nd Edition](#)

"Cutting Down: An Evidence-based CBT Workbook for Treating Young People Who Self-harm, 2nd Edition," authored by Dr. Rebecca B. M. Lawson and published by Routledge, is a comprehensive resource designed for mental health practitioners working with adolescents who engage in self-harming behaviors. With the ISBN 9780367330930, this workbook utilizes the principles of Cognitive Behavioral Therapy (CBT) to provide a structured and practical approach to understanding and addressing self-harm among youth. The second edition includes updated evidence and activities, making it a vital tool for therapists aiming to encourage healthier coping mechanisms in their clients. Each chapter is filled with evidence-based strategies that not only help young people identify the triggers of their self-harming behaviors but also guide them through the process of developing alternative, constructive responses. The workbook offers engaging worksheets, case studies, and reflective exercises that make it accessible for both practitioners and young people. Dr. Lawson's expertise in the field shines through, as she combines theoretical insights with practical applications, ensuring that readers can effectively navigate the complexities of self-harm. This vital resource is essential for anyone involved in the treatment and support of young individuals struggling with self-injury, equipping them with the necessary tools to foster resilience and promote healing. Whether used in individual therapy sessions or group workshops, "Cutting Down" serves as an invaluable guide to fostering dialogue and understanding around self-harm, ultimately paving the way for recovery and improved mental well-being.