

The Dynamics of Cutting

Introduction

1. Very serious
2. Dangerous to the individual

Factors

1. Classic definition – negative psychic pain
2. Highly addictive
3. Sharp object – razors, knives, finger nails
4. Compulsively driven
5. Classic areas
6. Highly pleasurable
7. Often communicated interest – a point of “heaven” among friends

Etiology

1. Trauma
2. Emotional or physical abuse
3. Powerful introject
4. Affective disorders
5. School bullying
6. Expectations and shame
7. Cry for help
8. Point of attention
9. Refocusing another family issue

Systemic Patterns

1. Cutting creates...
 - A. Criticism
 - B. Punishment
 - C. Chemical
 - D. Withdrawal

Healthy Responses

1. Dialogue
2. Process love and concern out loud
3. Psychiatric evaluation
4. Impatient treatment if not stopped
5. Therapy, individual/family
6. Break isolation

Reflection

1. Dynamics of the family
2. Service of psychiatric pain
3. Reflection and systemic responsibility
4. Create relationships.