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# Adolescent Suicide and Self-Injury

## Mentalizing Theory and Treatment

- **Written by experts in the fields of psychiatry, psychology, and behavioral science**
- **Provides illustrations and graphics to deepen understanding of the mentalizing framework**
- **Includes specific therapeutic approaches as well as a list resources and guidelines**

This volume presents a comprehensive and practical approach to the treatment of suicide and NSSI for adolescents utilizing a mentalizing framework. The beginning of the text provides up-to-date information on the theory of a mentalizing therapy in order to ground the readers in the neuroscientific underpinnings of a mentalizing approach. Next chapters provide information on the fundamental building blocks of a mentalizing therapy at the individual and family level. These chapters provide step-by-step approaches in order to provide examples of the techniques involved in mentalizing treatment that can be employed to address suicidality and NSSI. The next chapter builds on these concepts as the reader learns about mentalizing failures involved in common co-morbidities in adolescents who are experiencing suicidality and /or employing NSSI. The next several chapters cover practical issues related to working within this patient population including the key concept of social systems and connections for both providers and adolescents, the ability of mentalizing theory and therapy to integrate with other effective therapies, how to approach sessions after a suicide attempt, resiliency for patient, family and the provider, along with important self-care for a therapist if a patient commits suicide. The final chapter brings all of the aforementioned elements together in order for the reader to conceptualize employing a mentalizing approach to adolescents and their families when suicide and NSSI concerns are a predominate focus of care. Illustrations of specific therapeutic approaches and a list of resources and guidelines where available are also included. *Adolescent Suicide and Self-Injury* is an excellent resource for all clinicians working with youths at risk for suicide and/or self-injury, including psychiatrists, psychologists, pediatricians, family medicine physicians, emergency medicine specialists, social workers, and all others.

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