

EMOTION & PAIN

Understanding Self-Injury.



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EMOTION & PAIN

Understanding Self-Injury.

Emotion and Pain: Understanding Self-Injury" is a sensitive, compelling and in-depth look at the phenomenon of "cutting", a disorder whereby people harm themselves to relieve stress caused by abuse, trauma and other unmanageable emotions. The film features personal stories and interviews with cutters and their families, as well as insight, advice and commentary by Dr. Lader and Karen Conterio, founders of the unique and groundbreaking S.A.F.E. Alternatives Treatment Centre for Self-Injurers.

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RELEVANT WEB SITES

The truth about self-harm...for young people and their friends and families.

www.siari.co.uk/

[www.recoveryourlife.com/ Self_Harm_Information/default.aspx](http://www.recoveryourlife.com/Self_Harm_Information/default.aspx)

Self harm community web site. www.survive.org.uk/selfharm.html