

Helping teens who self-harm and their families deal with shame and blame

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Talking openly about blame and shame can benefit teens who self-harm, their families, and therapists, according to a new article.

Family therapists involved with the Self Harm Intervention Family Therapy (SHIFT) trial noticed certain patterns of interaction recurring in several families that presented particular challenges. They noted the importance of separate parallel sessions of the [young person](#) and the parents, who could then be brought back together for joint discussions.

The findings are published in the *Journal of Family Therapy*. Bringing forth stories of blame and shame in dialogues with families affected by adolescent self-harm.

More information: Sarah Amoss et al. Bringing forth stories of blame and shame in dialogues with families affected by adolescent self-harm, *Journal of Family Therapy* (2016). [DOI: 10.1111/1467-6427.12101](https://doi.org/10.1111/1467-6427.12101)

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