



ISSS Bulletin

International Society for the Study of Self-Injury

2009-2010 Edition

www.issweb.org

ISSS President's Message

By Janis Whitlock

"Who in the world should I ask?" I mused in the spring of 2005 as I was trying to identify individuals I might invite to participate on the first conference panel that I hoped to put together for the Society for Research on Adolescence meeting the following year. A quick inventory of individuals doing work in what is now most commonly called, "non-suicidal self-injury," revealed only a few individuals whose primary and current focus was non-suicidal self-injury in adolescence—a list that narrowed considerably when I looked for people doing work on self-injury in community settings. Well developed fields typically feature a small handful of obviously prolific scholars. While the self-injury field did sport a few well known clinical names (Armando Favazza, Wendy Lader, Karen Conterio, and Barry Walsh just to name a few) and several groundbreaking first papers by empirical scholars who had yet to build a full research agenda in this area, most of the empirical research we collectively now lean on for lit review support had yet to be published. Little did I know at the time that the field was in the midst of a major expansion—we simply had not seen the fruits of labor started by many of our now much esteemed colleagues.

I did cobble together a few folks for the conference, the panel was accepted, and we did attend. There I met Wendy Lader for the first time (and shared several glasses of wine and great conversation—there were very few people in my life at the time willing to talk about self-injury!), a graduate student working with Barry Walsh (whom some of you know as "Efi"), and a social worker in a college setting with some exploratory data on self-injury in her college. The most notable outcome of that conference, however, was that it had surfaced for me a few truths: self-injury was a phenomenon in need of significant attention and, while it was clear that we had giants' shoulders on which to stand, there existed only a small handful of folks who had begun the ascent. It was a moment, I believed, of opportunity for those of us interested in this area to come together and talk about where we might collectively take it.

Thus it was with the support of Cornell's Family Life Development Center and a couple of visionary colleagues, John Eckenrode and Jane Powers, that the first meeting of what we now call the International Society for the Study of Self-Injury (ISSS) was held at Cornell University in the spring of 2006. The first meeting included a small but amazing and international group of scholars willing and able to gather in Ithaca for 1.5 days to meet, share, and explore the viability of building a field. While the 2006 ISSS attendees did not include all of those we now associate with the self-injury field, it was a start.

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ISSS is pleased to announce the official launch of our newly designed website.

Thanks to Amanda Purington and Jason Washburn for designing and preparing the website content!



Welcome to ISSS

← home

ISSS 
INTERNATIONAL SOCIETY FOR THE STUDY OF SELF-INJURY

Please visit today at www.issweb.org

Members Updates & News

Cassie Glenn

Received NIMH National Research Service Award (F31 MH086197)—Translational approaches to the study of emotion in non-suicidal self-injury.

Nancy Heath

Received grant from the Social Sciences and Research Council of Canada (SSHRC; 2009-2012)—Predicting the initiation, escalation, and termination of non-suicidal self-injury during adjustment to secondary school.

Lori Hilt

Completed degree at Yale and is currently a Post-doctoral Fellow in Emotion Research Department of Psychology at the University of Wisconsin-Madison, Waisman Center Child Emotion Lab.

Colleen Jacobson

Colleen is now a visiting assistant professor at Iona College in New Rochelle, NY. Her new e-mail contact is: cjacobson@iona.edu.

Elizabeth Lloyd-Richardson

Elizabeth maintains an adjunct appointment at Brown University, but is now located at the University of Massachusetts Dartmouth as an assistant professor in the Psychology Department.

Jennifer Muehlenkamp

Jennifer has changed affiliations. She is now an assistant professor of psychology at the University of Wisconsin-Eau Claire. Her new e-mail contact is: muehlejj@uwec.edu.

Barry Walsh

Barry presented a workshop on “Understanding and Treating Nonsuicidal Self-Injury” in October at the IASP conference in Montevideo, Uruguay.

Janis Whitlock

Our team at the Cornell Research Program on Self-Injurious Behavior has continued to focus work on our *Self-Injury Web Outreach* project, for which information and materials that are widespread or written for a more academic audience are "translated" to become more accessible to a general audience. This project has yielded several narrated powerpoints and factsheets, some of which are being translated into French, German, and Spanish. (Many thanks for the assistance of our colleagues in getting these translated!) While these materials have specifically been developed to aid those educating others about non-suicidal self-injury (such as parent educators developing a workshop on the topic), the accessibility of the Internet makes them available to a much wider audience and our email contacts from around the world indicate that many are using them for both professional and personal purposes.

5TH ANNUAL ISSS CONFERENCE ✦ June 26-27, 2010 – Chicago, IL

Northwestern University Feinberg School of Medicine
Alexian Brothers Behavioral Health Hospital

The **Keynote Speaker** for the 2010 conference will be Armando Favazza, MD., MPH. Dr. Favazza is a Professor in the Department of Psychiatry at the University of Missouri, Columbia and a pioneering researcher in the field of non-suicidal self-injury. He is the author of a classic text in the study of non-suicidal self-injury, *Bodies Under Siege: Self-Mutilation in Culture and Psychiatry*.

In addition to the academic conference, ISSS and Alexian Brothers are co-hosting a **Clinical Pre-Conference** on Friday, June 25th featuring Barent Walsh, Ph.D. Dr. Walsh is an expert in the treatment of non-suicidal self-injury and CEO of The Bridge of Central Massachusetts. Dr. Walsh is the author of *Treating Self-Injury: A Practical Guide*. For more information on both events, please visit the ISSS website.

If you are interested in getting involved with the direction of ISSS, please attend our **Business Meeting** on Sunday, June 27th from 7:00-9:00am in Abbott Hall (12th floor).

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ISSS President’s Message

One of the primary objectives that year included discussion of whether we wanted to continue to gather and, if so, how and with whom else we should collectively move forward. An overwhelming consensus for continuing to meet emerged immediately and set the stage for moving forward. The subsequent years’ successful meetings in Montreal (with Nancy Heath presiding), Boston (with Matt Nock presiding) and Long Island (with David Klonsky presiding) allowed for both expansion of participants and conference formats. I should note for the record that these meetings would not have been possible without the able assistance of many talented graduate students. Over the four years of life we have experiences, we have achieved much:

- ISSS has met every year since 2006 then – both in the US and Canada.
- Strong presence by a contingent of graduate students (such as the two putting together this bulletin!).
- We have strengthened our international membership and presence – we now have members from over six countries: USA, Canada, Belgium, New Zealand, Germany, and the United Kingdom.
- ISSS participation has spawned dozens of collaborations unlikely to have occurred otherwise. We have seen this in grant applications, papers, conference panels, and in on-going informal discussion, exchange, and informal peer review.
- ISSS conference participation has increased quite steadily over time and we expect greater participation in the 2010 Chicago-based conference than ever before.
- We have become increasingly organized and are moving steadily toward incorporation. In 2009 we decided to formalize our organizational structure (thus, you are reading the first ISSS Presidential message!) and now have offices, committees, and annual objectives.
- We now have an official ISSS bulletin (of which this is the first issue!)
- We have launched a formal ISSS website where information about our society, conferences, and activities are readily available to anyone with interest.

As we look toward the future, we anticipate encountering and addressing some of the questions and challenges that accompany birth of a new association: whether and when to incorporate, how to financially support the infrastructure of an incorporated association, how and from where to recruit new members, how broad or narrow to define our interests, and how to nurture and enhance the international dimension of our association, just to name a few. Rife with opportunity, ISSS stands on a threshold those of us present at the founding meeting in 2006 could only imagine. It is an inspiring moment and I am proud of where we are and how quickly we have arrived here. And, as appropriate as our evolution is, it is even more impressive since our existence and progress would have remained just an idea were it not for the consistent collegiality, collaboration, and instrumental support of many of our esteemed colleagues. It turns out that it is not just childrearing that takes a village; it is organization-rearing as well. I feel totally blessed to have such an awesome village at work on this task.



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One of the main goals of the ISSS Bulletin is to provide our members with updated publications from researchers in the field of NSSI. **On the following pages, you will find a list of publications submitted by ISSS members (updated as of fall 2009).**

Please note that, for the sake of space and to remain consistent with the goals of ISSS, we have not included publications that do not deal directly with NSSI even though they may be related topics (e.g., suicide, BPD).

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Research Articles:

Andover, M. S., Primack, J. M., Gibb, B. E., & Pepper, C. M. (2010). An examination of non-suicidal self-injury in men: Do men differ from women in basic NSSI characteristics? *Archives of Suicide Research, 14*, 79-88.

Brown, M. Z., Comtois, K. A., Linehan, M. M., Murray, A., & Chapman, A. L. (2009). Emotions as prospective predictors of self-inflicted injury in borderline personality disorder: A multi-modal analysis. *Behaviour Research & Therapy, 47*, 815-822.

Chapman, A. L., Derbidge, C., Cooney, E., Hong, P., & Linehan, M. M. (2009). Temperament as a prospective predictor of self-injury among patients with borderline personality disorder. *Journal of Personality Disorders, 23*, 122-140.

Claes, L., Klonsky, E. D., Muehlenkamp, J. J., Kuppens, P., & Vandereycken, W. (in press). Affect-regulation function of non-suicidal self-injury in eating disordered patients: Which affect states are regulated? *Comprehensive Psychiatry* (available online Dec. 17, 2009).

Claes, L., Muehlenkamp, J., Vandereycken, W., Hamelinck, L., Martens, H., & Claes, S. (2010). Comparison of non-suicidal self-injurious behavior and suicide attempts in patients admitted to a psychiatric crisis unit. *Personality and Individual Differences, 48*, 83-87.

Csorba, J., Dinya, E., Plenar, P., Nagy, E., & Páli, E. (2009). Clinical diagnoses, characteristics of risk behaviour, differences between suicidal and non-suicidal subgroups of Hungarian adolescent outpatients practising self-injury. *European Child and Adolescent Psychiatry, 18*, 309-320.

Glenn, C. R., & Klonsky, E. D. (2009). Social context during non-suicidal self-injury indicates suicide risk. *Personality and Individual Differences, 46*, 25-29.

Glenn, C. R., & Klonsky, E. D. (2010). A multimethod analysis of impulsivity in non-suicidal self-injury. *Personality Disorders: Theory, Research, and Treatment, 1*, 67-75.

Glenn, C. R., & Klonsky, E. D. (2010). The role of seeing blood in non-suicidal self-injury. *Journal of Clinical Psychology, 66*, 466-473.

Gratz, K. L., Breetz, A., & Tull, M. T. (in press). The moderating role of borderline personality in the relationships between deliberate self-harm and emotion-related factors. *Personality and Mental Health* (available online Nov. 10, 2009).

Gratz, K. L., & Tull, M. T. (in press). The relationship between emotion dysregulation and deliberate self-harm among inpatients with substance use disorders. *Cognitive Therapy and Research* (available online Sept. 3, 2009).

Guerry, J. D. & Prinstein, M. J. (2010). Longitudinal prediction of adolescent nonsuicidal self-injury: Examination of a cognitive vulnerability-stress model. *Journal of Clinical Child and Adolescent Psychology, 39*, 77-89.

Hawton, K., Rodham, K, Evans, E. & Harriss, L. (2009). Adolescents who self harm: A comparison of those who go to hospital and those who do not. *Child and Adolescent Mental Health, 14*, 23-30.

Hawton, K., Harriss, L., & Rodham, K. (in press). How adolescents who cut themselves differ from those who take overdoses. *European Child and Adolescent Psychiatry* (available online Sept. 26, 2009).

Heath, N. L., Ross, S., Toste, J. R., Charlebois, A., & Nedecheva, T. (2009). Retrospective analysis of social factors and non-suicidal self-injury among young adults. *Canadian Journal of Behavioural Science, 41*, 180-186.

Heilbron, N., & Prinstein, M. J. (in press). Adolescent peer victimization, peer status, suicidal ideation, and nonsuicidal self-injury: Examining concurrent and longitudinal associations. *Merrill-Palmer Quarterly*.

- Hoff, E. R. & Muehlenkamp, J. J. (2009). Nonsuicidal self-injury in college students: The role of perfectionism and rumination. *Suicide and Life-Threatening Behavior*, *39*, 576-587.
- Janis, I. B., & Nock, M. K. (2009). Are self-injurers impulsive? Results from two behavioral laboratory studies. *Psychiatry Research*, *169*, 261-267.
- Klonsky, E. D. (2009). The functions of self-injury in young adults who cut themselves: Clarifying the evidence for affect-regulation. *Psychiatry Research*, *166*, 260-268.
- Klonsky, E. D., & Glenn, C. R. (2009). Assessing the functions of non-suicidal self-injury: Psychometric properties of the Inventory of Statements about Self-Injury (ISAS). *Journal of Psychopathology and Behavioral Assessment*, *31*, 215-219.
- Klonsky, E. D., & Glenn, C. R. (2009). Non-suicidal self-injury: What independent practitioners should know. *The Independent Practitioner*, *29*, 147-150.
- Latzman, R. D., Gratz, K. L., Young, J., Heiden, L. J., Damon, J. D., & Hight, T. L. (2010). Self-injurious thoughts and behaviors among youth in an underserved area of the southern United States: Exploring the moderating roles of gender, racial/ethnic background, and school-level. *Journal of Youth and Adolescence*, *39*, 270-280.
- Lofthouse, N., & Yager-Schweller, J. (2009). Nonsuicidal self-injury and suicide risk among adolescents. *Current Opinions in Pediatrics*, *21*, 641-645.
- Muehlenkamp, J. J., Cowles, M. & Gutierrez, P. M. (in press). Validation of the Self-Harm Behavior Questionnaire with diverse adolescents. *Journal of Psychopathology and Behavioral Assessment* (available online Feb. 19, 2009).
- Muehlenkamp, J. J., Engel, S. G., Crosby, R. D., Wonderlich, S. A., Simonich, H., & Mitchell, J. E. (2009). Emotional states preceding and following acts of non-suicidal self-injury in bulimia nervosa patients. *Behavior Research and Therapy*, *47*, 83-87.
- Muehlenkamp, J. J., Walsh, B. W., & McDade, M. (2010). Preventing non-suicidal self-injury in adolescents: The signs of self-injury program. *Journal of Youth and Adolescence*, *39*, 306-314.
- Muehlenkamp, J. J., Williams, K. L., Gutierrez, P. M., & Claes, L. (2009). Rates of non-suicidal self-injury in high school students across five years. *Archives of Suicide Research*, *13*, 317-329.
- Nock, M. K. (2009). Why do people hurt themselves? New insights into the nature and functions of self-injury. *Current Directions in Psychological Science*, *18*, 78-83.
- Nock, M. K. (2010). Self-injury. *Annual Review of Clinical Psychology*, *6*.
- Nock, M. K., Park, J. L., Finn, C. T., Deliberto, T. L., Dour, H., J., & Banaji, M. R. (in press). Measuring the "suicidal mind:" Implicit cognition predicts suicidal behavior. *Psychological Science*.
- Nock, M. K., Prinstein, M. J., & Sterba, S. (2009). Revealing the form and function of self-injurious thoughts and behaviors: A real-time ecological assessment study among adolescents and young adults. *Journal of Abnormal Psychology*, *118*, 816-827.
- Plener, P., Libal, G., Keller, F., Fegert, J. M., & Muehlenkamp, J. J. (2009). An international comparison of adolescent non-suicidal self-injury (NSSI) and suicide attempts: Germany and U.S. *Psychological Medicine*, *39*, 1549-1558.
- Prinstein, M. J., Heilbron, N., Guerry, J. D., Franklin, J. C., Rancourt, D., Simon, V., & Spirito, A. (in press). Peer influence and nonsuicidal self injury: Longitudinal results in community and clinically-referred adolescent samples. *Journal of Abnormal Child Psychology*.

Purington, A., & Whitlock, J. (2010). Non-suicidal self-injury in the media. *The Prevention Researcher*, 17, 11-13.

Ross, S., Heath, N. L., & Toste, J. R. (2009). Non-suicidal self-injury and eating pathology in high school students. *American Journal of Orthopsychiatry*, 79, 83-92.

Sarno, I., Madeddu, F., & Gratz, K. L. (in press). Self-injury, psychiatric symptoms, and defense mechanisms: Findings in an Italian nonclinical sample. *European Psychiatry* (available online Aug. 19, 2009).

Toste, J. R., & Heath, N. L. (2010). School response to non-suicidal self-injury. *The Prevention Researcher*, 17, 14-17.

Whitlock, J. L. (in press). Self-injurious behavior in adolescents. Public Library of Science.

Whitlock, J., Eells, G., Cummings, N., & Purington, A. (2009). Nonsuicidal self-injury in college populations: Mental health provider assessment of prevalence and need. *Journal of College Student Psychotherapy*, 23, 172-183.

Books:

Gratz, K. L., & Chapman, A. L. (2009). *Freedom from self-harm: Overcoming self-injury with skills from DBT and other treatments*. Oakland, CA: New Harbinger Publications.

Nixon, M. K., & Heath, N. L. (2009). *Self-injury in youth: The essential guide to assessment and intervention*. New York, NY: Routledge Press.

Nock, M. K. (Ed.), (2009). *Understanding nonsuicidal self-injury: Origins, assessment, and treatment*. Washington, DC: American Psychological Association.

Book Chapters:

Nock, M. K., Cha, C. B., & Dour, H. (in press). Disorders of impulse-control and self-harm. In D. H. Barlow (Ed.), *Oxford handbook of clinical psychology*.

Nock, M. K., & Deliberto, T. L. (2009). Non-suicidal self-injury. In P.S. Jensen & C.A. Galanter (Eds.), *DSM-IV-TR Casebook and Treatment Guide for Child Mental Health* (pp. 419-421, 429-434). Washington, DC: American Psychiatric Association.

Nock, M. K., Deliberto, T. L., & Hollander, M. (in press). Resolving treatment complications associated with the presence of comorbid personality disorders. In M. W. Otto & S. G. Hofmann (Eds.), *Resolving treatment complications in anxiety disorders*. New York: Springer.

Treatment Tools:

Jacobs, D., Walsh, B., McDade, M. & Pigeon, S. (2009). *Signs of self-injury program*. Wellesley, MA: Screening for Mental Health and Worcester, MA: The Bridge of Central Massachusetts.

Johancen-Walt, K. (2009). The initial interview with the self-harming and suicidal client. *Counseling Today*, 52, 45-47.

Juzwin, K. R. (2009). *Daily journaling for self-injury recovery: A therapists' guide for clients*. Bloomington, IN: Authorhouse Publishing.

Juzwin, K. R. (2009). *Self-destructive behaviors, self-injury and nonsuicidal self-injury: A therapists' guide for family work and support*. Bloomington, IN: Authorhouse Publishing.

Selekman, M. D. (2009). *The adolescent and young adult self-harming treatment manual: A collaborative strengths-based brief therapy approach*. New York, NY: W. W. Norton & Company.