



Cutting it Out: A Journey through Psychotherapy and Self-Harm

Carolyn Smith

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Cutting it Out is a largely autobiographical account of a young woman's battle with self-harm.

Carolyn's story documents her own challenging journey, offering unique insights into her feelings about self-harming and also her attitudes towards the therapy sessions commonly employed to help people who self-harm. It explores the complex nature of her relationship with the therapist, her initial resistance to recovery and her eventual progression towards self-knowledge and taking responsibility for her own actions.

The first-person narrative offers a vividly honest voice to the feelings and compulsions that drive someone to harm themselves and explores the conflict between the desire to self-harm and the struggle to control and overcome this addictive, self-destructive behaviour.

This timely book breaks the silence surrounding a difficult subject. It will provide valuable insights for therapists, counsellors, people who self-harm and their families and friends.

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