

Self-injurious behavior.

From the nurse's perspective.

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Abstract

In this study I consider self-injurious behavior in modern society.

Self-injurious is defined as the direct and deliberate destructive alteration of one's own body tissue, without conscious suicidal intent. I am a psychiatric nurse and have been associated for approximately five years with a woman who is having repeated episodes of intense self injury. In the process understanding what this individual was expressing through her self-injurious behavior, I was made to think about the knowledge and sensitivity required of nurses. Chapter 1 discusses self-injurious behavior. In this chapter the realities of self injury not only in the modern era but also in history and what self injury is bringing to people's minds are considered. Chapter 2 discusses support for self-injurious behavior. In this chapter I consider a case in which self-injurious behavior was triggered by bullying during the establishment of self identity in adolescence. In Chapter 3, the process of recovery from self-injurious behavior is discussed. In this chapter, support directed to emotion, as well as the meaning of life are considered. Further, the question of how to support and stand close to patients as a nurse is considered.