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Subject: News from CMHS's National Center for Trauma-Informed Care



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CMHS's National Center for Trauma-Informed Care

news and information

CMHS's National Center for Trauma Informed Care (NCTIC) is pleased to call your attention to an important and timely knowledge resource to draw upon in responding to issues regarding self-inflicted violence (SIV). The relationship between trauma and SIV has not been as clearly understood as it is coming to be at the present time. The following summary identifies important resources.

NCTIC brings you useful information to stimulate and foster change toward trauma-informed approaches for the health and wellbeing of survivors and consumers in publicly funded systems.

LIVING WITH SELF INFLICTED VIOLENCE

Self-Inflicted Violence (SIV) is not an uncommon behavior for survivors of trauma, especially those who experienced early childhood violence and abuse. Once viewed as something experienced primarily by teenage women, SIV is now more commonly understood to include people of all ages, genders, races and cultures, and economic backgrounds. Since SIV is prevalent with survivors of trauma, understanding SIV as a coping mechanism and survival technique is important to human service providers and can benefit professionals in social services, substance abuse, mental health, victim services, domestic violence, and more.

The reasons why a person living with SIV may self injure include:

- regulating intense emotion
- dissociation (from the physical self)
- triggers that cause flashbacks and re-enactments
- expression of emotional pain
- averting suicide and other violence
- multiple personalities

A more effective treatment for individuals living with SIV is the contextualization of the client or person being served as a survivor of trauma. SIV then becomes understood and recognized as a coping mechanism to manage the impact of trauma.

For additional information, please see the in-depth report on "[Understanding and Responding to Women Living with Self-Inflicted Violence](#)" and [The Cutting Edge: A Newsletter for People Living with Self-inflicted Violence](#), both by Ruta Mazelis.

About CMHS's National Center for Trauma-Informed Care

NCTIC (f/k/a the Center on Women, Violence and Trauma) was created in 2005 and is funded by the Center for Mental Health Services (CMHS)/SAMHSA. NCTIC offers trauma training, technical assistance, education and outreach, a speakers bureau, and resources to stimulate and support change in publicly funded programs and systems in order to address the trauma experienced by survivors and consumers.

Website: <http://www.mentalhealth.samhsa.gov/nctic>

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