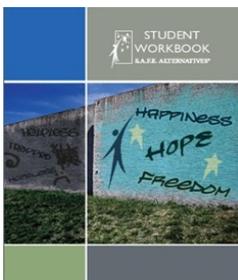


**SELF-INJURY: A MANUAL FOR SCHOOL PROFESSIONALS** - School professionals will learn:

**\$115**

- \* to identify the various forms and purposes of self-injury
- \* the do's and don'ts for counsellors, nurses, and teachers
- \* how to assess for self-injury and suicide
- \* specific intervention techniques and tools
- \* how to talk to parents about self-injury
- \* to identify resources and referrals for self-injurers who are in need of services outside of school
- \* how to create a smooth transition for students returning to school from hospitalisation or other forms of intensive treatment

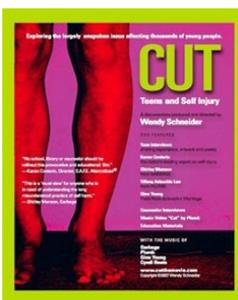


**STUDENT WORKBOOK**

**\$15 each or Pack of 5 \$50**

Is designed to be used in conjunction with 'Self-Injury: A Manual for School Professionals'.

This workbook can be used as an individual intervention (e.g. given to a student to complete on their own and then review with a staff member) or as a format for a more in-depth individual session with a counsellor or in a group setting. The exercises can be used randomly or in order. It is possible to 'pick and choose' the parts of exercises that are relevant at a given time.



**CUT: Teens and Self-Injury**

**\$180**

57 minute DVD. Award winning documentary that draws back the curtain on the sensationalism and secrecy surrounding self-harm. Teens articulate their experience with self-injury while revealing their deepest feelings as they begin to confront their urges. Personal struggles are offset by interviews with parents and professionals.

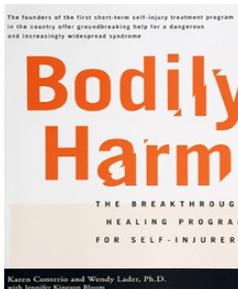
Compelling, incisive and profoundly moving, CUT issues a call to bring the problem of self-injury out of the shadows and reminds us that the first step towards healing is an honest acknowledgment of reality. Includes music by Garbage, Plumb, Gina Young, and Cyndi Lauper.



**Can You See My Pain?**

**\$40**

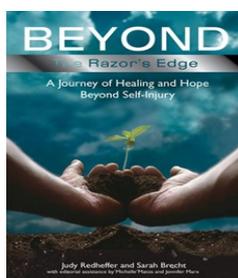
30 minute DVD. 'Can You See My Pain?' includes personal stories and expert testimonials and comments by Karen Conterio and Wendy Lader, Ph.D., founders of S.A.F.E. ALTERNATIVES®. Through first-hand accounts, this DVD gives self-injurers a chance to tell their stories and talk about what they are doing to stop self-injuring themselves. This is an excellent resource for self-injurers, families, private practitioners, schools and healthcare providers.



**Bodily Harm: The Breakthrough Healing Program For Self-Injurers**

**\$35**

Written by the founders of S.A.F.E. ALTERNATIVES® (Self Abuse Finally Ends), it clearly defines what self-injury is and explains the kind of emotional trauma that can lead to self-injurious behaviours. It also includes case studies, diaries, and success stories from a diverse group of clients. Most importantly, Bodily Harm, offers a course of treatment based on years of experience, compassion, advice, and hope for the afflicted and their loved ones. An excellent resource for the self-injurer, their families, friends and therapists.



**BEYOND The Razor's Edge**

**\$30**

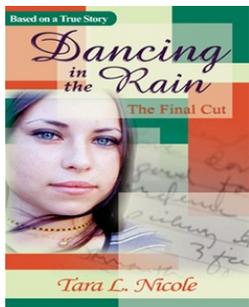
This book is filled with stories of self-injurers' journeys from self-loathing to self-love; from histories of pain to futures of contentment. It describes how people seeking physical pain in an effort to soothe their intense emotional pain learned to face and embrace their full range of emotions leading them to happier and more fulfilling lives. It describes the experience of falling down, learning, and having the courage to get back up again to continue to fight against self-injury. This book is for those struggling with self-injury and those that love them, as well as anyone who wishes to witness the resilience of the human spirit. These are the stories of hope and victory.



**COMES THE DARKNESS COMES THE LIGHT**

**\$40**

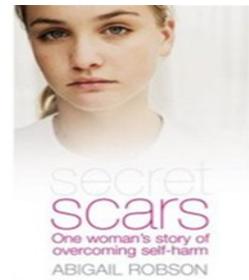
This hard back book depicts one woman's story of a life lost and then regained. Offering hope and agonisingly hard-won insight to others battling this painful disorder, it is a chilling look at the destructive power of the human mind, and an unprecedented account of the tragic results of self-mutilation. In the end, it is a testament to the incredible power of the desire to live, and to the endless strength available to all of us-even in our very darkest hour.



**Dancing in the Rain: The Final Cut**

**\$25**

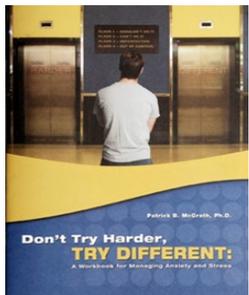
This is based upon a true-life story about an adolescent growing up and taking control of her life. She found the strength within herself and learned that she didn't have to live with depression and self-mutilation. Drue is a teenager who falls in love for the first time in high school; she goes through the struggles of the average American female teenager: first crushes, heartbreak, self-abusive thoughts, alcohol, insecurities, and attempts to find out who she is and who she wants to be. After a gruelling experience she comes out stronger and still 'dancing in the rain.' The author tells her story-with hope that those who are discouraged and feeling alone will realise that they are stronger than they know, that they've got what it takes to pull through and, as this book says, "everything is ok in the end; if it's not okay, then it's not the end."



**Secret Scars**

**\$30**

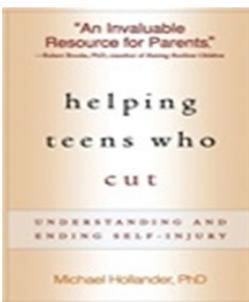
From five years old, Abbie didn't know who she was supposed to be. To deal with her lack of identity she turned to self-harm, using it as a form of control. Eventually she began the painstaking process of ceasing her behaviour and discovering her identity in Christ. She was finally able to say that she was free of self-harm. This honest account shows how difficult it is to be a Christian who is struggling, and that healing is something that happens throughout Christian life, as you grow in God.



**Don't Try Harder, TRY DIFFERENT**

**\$25**

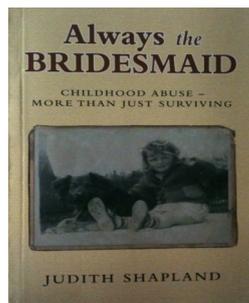
This workbook for managing anxiety and stress is a seven step program to help you stop doing the things over and over again that are not working. By looking into areas such as perfectionism and the illusion of control, Don't Try Harder, TRY DIFFERENT will help you to change the way you think and behave in situations, therefore helping you to change the way you feel about whatever stressors you are experiencing. This simple program is easy to follow and there are exercises to do along the way.



**Helping Teens Who Cut**

**\$30**

Discovering that their teen "cuts" is absolutely terrifying for parents. Without a clear understanding of what motivates cutting, many worry their teen may be contemplating suicide. Michael R. Hollander, a leading authority on teen self-injury, gives parents the straight facts about this alarming behaviour--and explains what they can do to make it stop. Drawing on years of clinical practice and the latest research, Dr. Hollander shows how overwhelming emotions lead some teens to hurt themselves, and how various treatments--chief among them dialectical behavioural therapy (DBT)--can provide effective routes to wellness. Parents learn what to look for in a therapist, how to talk to their teen about cutting without making it worse, and practical strategies for helping their teen cope with extreme emotions in a healthier way. *Helping Teens Who Cut* also provides much-needed suggestions for reducing stress and improving family communication and problem solving.



**Always the Bridesmaid Childhood Abuse – More Than Just Surviving**

**\$28**

This book offers an in-depth personal account of the pervasive and complex effects of childhood sexual abuse. It is a story told with purpose, to raise awareness of the personal and community costs of traumatic early childhood experiences, and to advocate for change in our community's response to such detrimental acts. Judith's self-reflective and journalistic writing style is refreshingly honest, and her story provides hope for other survivors of abuse. Her memoir depicts recovery from childhood abuse and rebuilding one's sense of self as an ongoing evolution – one that is characterised by resilience and determination. [Australian Book]



**Inspirational/Affirmation Cards - Packs of 10 @ \$15 OR 4 x packs @ \$50**

These cards are super tools for improving one's self talk, feelings and emotions and one's overall outlook on life. With self-destructive behaviour being crisis and emotion driven people need something simple and effective to remind them and support them to change the negative thoughts, feelings and behaviours they have into something self-supportive. When one is passing through a difficult period in our lives it is important to know that people are genuinely supporting you. One needs that extra push of encouragement, inspiration and hope for change. What a better way to do this than through the gift of an inspirational/affirmation card. These cards are made by survivors of self-destructive behaviour who know how important they are in a recovery process. Assorted Credit Card holders will be available for purchase in the near future.



**Hope & Faith Crystals**

**\$20 each**

The crystals are another product made by survivors of self-destructive behaviour, not only are they a soothing therapy to make, as window art they emit spectrums of radiant colours as sunshine and/or light stream through them. Some believe that they have healing energies. They are a beautiful decoration and can be used as a focus point for mindfulness activities. These Crystals are presented in a gift bag. On a key ring, mobile phone, handbag, backpack, etc., can be a tactile transportable soothing tool. These smaller crystals are \$10 each and only available at workshops.

Title		Unit Cost	No. of Units	Total Cost
SELF-INJURY: A MANUAL FOR SCHOOL PROFESSIONALS	[350gms]	115		
STUDENT WORKBOOK [Pack of 5]	[900gms]	50		
STUDENT WORKBOOK]	[180gms]	15		
DVD - Can You See My Pain?	[70gms]	40		
Bodily Harm: The Breakthrough Healing Program For Self-Injurers	[300gms]	35		
BEYOND The Razor's Edge	[260gms]	30		
COMES THE DARKNESS COMES THE LIGHT	[550gms]	40		
Dancing in the Rain: The Final Cut	[350gms]	25		
Secret Scars	180gms]	30		
Don't Try Harder, TRY DIFFERENT – Workbook	[110gms]	25		
DVD - CUT: Teens and Self-Injury	[100gms]	180		
Helping Teens Who Cut	[300gms]	30		
Always the Bridesmaid	[250gms]	28		
Inspiration/Affirmation Cards x 10 pack	[20gms]	15		
Inspiration/Affirmation Cards [4 x 10 pack]	[80gms]	50		
Hope Crystals	[60gms]	20		
Faith Crystals	[60gms]	20		
<p>All prices are inclusive of GST. <b>Postage &amp; Handling costs;</b>  <b>Regular Post Satchel</b> up to 500g \$9.00, up to 3kg = \$14.00 &amp; up to 5kg = \$17.50  <b>Express Post Satchel</b> up to 500g = \$11.00, up to 3kg = \$15.00 &amp; up to 5kg = \$24.00  The weight indicated next to each item is a guide that will allow you to optimise your savings on postage costs.  <b>All prices are subject to change in line with currency fluctuations.</b></p>		<b>Sub Total</b>		
			<b>Postage</b>	
			<b>TOTAL</b>	

Cheques payable to SAFE in Oz Pty Ltd or bank transfer to: **BankMECU - BSB:313-140 A/C No: 23186826**

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Once payment is received, goods will be despatched as soon as practicably possible.

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