



CORK COUNSELLING CLINIC
PSYCHOTHERAPY · MEDIATION · COACHING

SELF HARM IN ADULTS

Overcoming and Healing



Self Harm in Adults

Self-harm is a distressing reality for many individuals, often misunderstood and stigmatized in society. At Cork Counselling Clinic, we approach self-harm with compassion and understanding, recognizing it as a coping mechanism rather than a failure of character. This behaviour is typically an expression of profound distress, a physical manifestation of internal turmoil. Individuals may resort to self-harm as a way to manage unbearable feelings or as a means to exert control over their emotional pain.

Understanding Self-Harm

Self-harm involves causing deliberate injury to oneself, often through cutting, burning, or other forms of injury. While alarming, it's crucial to recognize that this act is usually not an attempt at suicide but rather an extreme way to cope with overwhelming emotional distress. For many, self-harm provides a temporary sense of relief from psychological pain, offering a physical release that briefly alleviates emotional suffering. It is a personal and private act, a silent scream for help, and often those who engage in self-harm are acting in on themselves as a response to external events or pressures.

The Role of Self-Compassion

Central to healing from self-harm is the development of self-compassion. Self-compassion involves treating oneself with the same kindness and understanding that one would offer a close friend in distress. It encourages individuals to recognize their suffering without judgment and to acknowledge that making mistakes does not make them unworthy of love and care. By fostering a gentle and accepting relationship with oneself, individuals can begin to find healthier ways to cope with their emotions.

Therapeutic Interventions

At Cork Counselling Clinic, we offer a range of therapeutic interventions tailored to meet the needs of those who engage in self-harm. Our treatment approaches are designed not only to address the act of self-harm itself but also to explore the underlying emotional triggers.



Some of the therapies we provide include:

Cognitive Behavioural Therapy (CBT): CBT is effective in helping individuals understand the thoughts and beliefs that trigger self-harming behaviours. By altering these thought patterns, clients can learn more adaptive ways to cope with stress and emotional pain.

Psychodynamic Therapy: This approach aims to explore the deep-rooted causes of emotional suffering. Understanding the past and its influence on present behaviour can provide significant insights and pathways to recovery.

Mindfulness and Meditation: These practices help individuals develop a greater awareness of the present moment and a deeper understanding of their emotions. Mindfulness can reduce the urge to self-harm by increasing emotional regulation and promoting a state of calm.

The Path to Recovery

Recovery from self-harm is a gradual process that involves both reducing the urge to engage in self-destructive behaviours and addressing the emotional issues that contribute to the behaviour. At Cork Counselling Clinic, we emphasize that self-harm does not define a person; it is a signal that they need more support and tools to handle their experiences. Understanding no circumstances will we instruct a person to stop self-harming because we see it as a coping mechanism. We work with our clients to develop other healthy coping strategies whereby the client has other options available to them, which diminishes the need to self-harm.

Encouragement and hope are central to our philosophy. We believe that with the right support and therapeutic approach, individuals who self-harm can move towards a life where they feel in control, without the need to inflict pain upon themselves. We are committed to providing a safe, confidential, and empathetic environment where clients can work through their struggles and find new ways to cope with life's challenges.



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At our Counselling Clinic, we understand the complexities of self-harm and provide specialized support to help individuals find more adaptive ways to manage their emotional pain. Through a combination of compassion, therapeutic interventions, and a commitment to understanding each individual's unique experiences, we offer hope and healing to those who are struggling. If you or someone you know is dealing with self-harm, we are here to help guide you toward recovery and a more fulfilling life.

**You can contact us by phone 089 600 9460 / 021 439 7552 or
through our website www.corkcounsellingclinic.ie**

We will be happy to take your call and look forward to working
with you in creating a harmonious and strong relationship.

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