

# Genealogy of Cutting and Overdosing: Mental Health in Historical Perspective

Self-harm, including cutting and overdosing, is a complex and multifaceted issue that has been prevalent throughout history. In recent years, there has been a growing interest in understanding the genealogy of self-harm, and how it is related to mental health issues. This article will explore the historical roots of self-harm, as well as its current manifestations and implications for mental health.

## Historical Roots of Self-Harm

Self-harm has been documented in various cultures throughout history. In ancient Greece, it was seen as a way to express grief or despair. In medieval Europe, self-flagellation was practiced as a form of penance. And in the Victorian era, self-harm was often associated with hysteria and other mental illnesses.



## A History of Self-Harm in Britain: A Genealogy of Cutting and Overdosing (Mental Health in Historical Perspective) by Yasmeen Abutaleb

★★★★☆ 4.1 out of 5

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In the 20th century, self-harm began to be recognized as a distinct clinical disorder. In 1966, the British psychiatrist Leon Salzman coined the term "self-mutilation" to describe the intentional destruction of one's own body. In the 1980s, the American Psychiatric Association added self-harm to the Diagnostic and Statistical Manual of Mental Disorders (DSM).

## **Current Manifestations of Self-Harm**

Self-harm can take many different forms, including:

- Cutting
- Burning
- Overdosing
- Head banging
- Hair pulling

Self-harm is often seen as a way to cope with negative emotions, such as anger, sadness, or anxiety. It can also be a way to express self-hatred or self-punishment.

## **Mental Health Implications of Self-Harm**

Self-harm is a serious mental health issue that can have a significant impact on an individual's life. People who engage in self-harm are at an increased risk for depression, anxiety, and other mental health disorders. They are also more likely to engage in other risky behaviors, such as substance abuse and suicide.

Self-harm can also lead to physical health problems, such as infections, scarring, and organ damage. In some cases, self-harm can be fatal.

## **Treatment for Self-Harm**

There are a number of effective treatments for self-harm, including:

- Therapy
- Medication
- Support groups
- Hospitalization

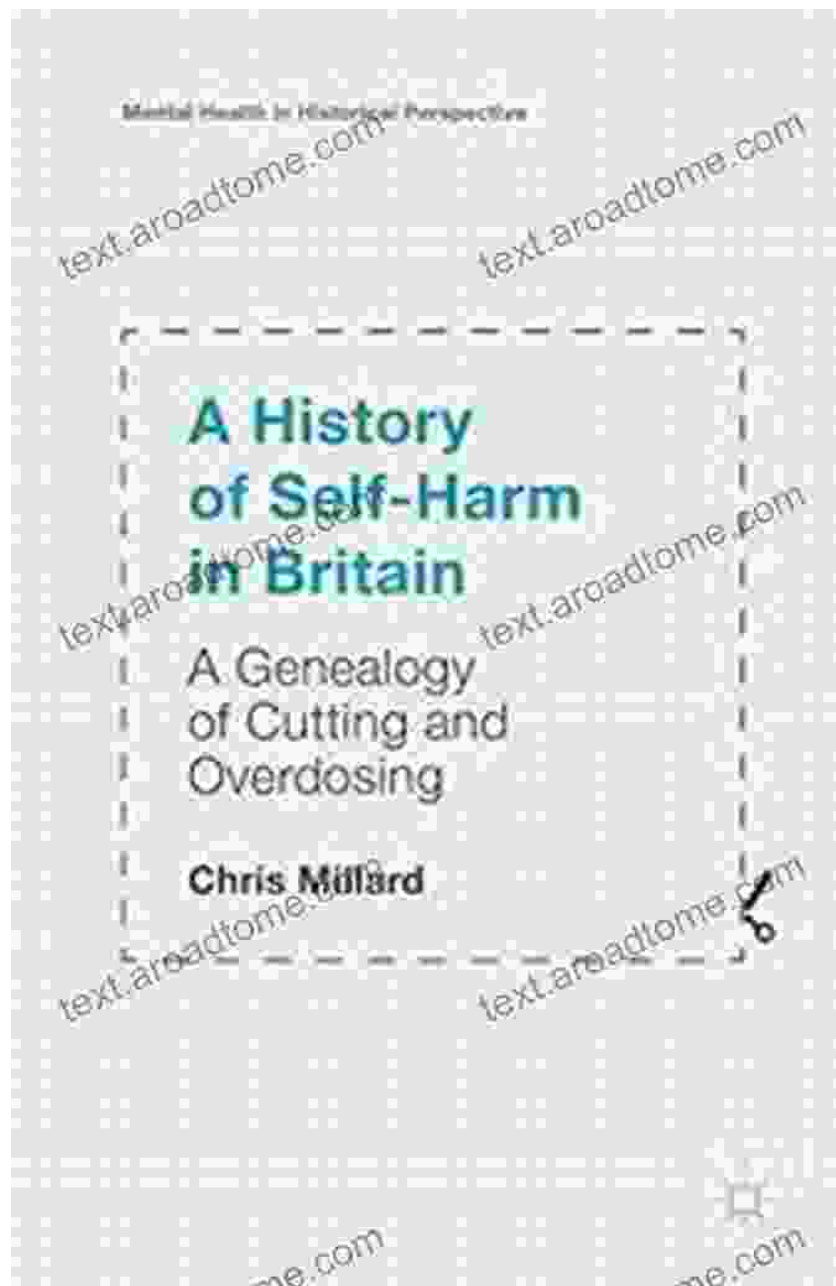
The best treatment for self-harm will vary depending on the individual's needs. It is important to seek professional help if you are struggling with self-harm.

Self-harm is a serious mental health issue that has been prevalent throughout history. It can take many different forms and can have a significant impact on an individual's life. There are a number of effective treatments for self-harm, and it is important to seek professional help if you are struggling with this issue.

## **Call to Action**

If you are interested in learning more about the genealogy of self-harm and its implications for mental health, I encourage you to read my book, "Genealogy of Cutting and Overdosing: Mental Health in Historical Perspective." This book provides a comprehensive overview of the history of self-harm, its current manifestations, and its treatment.

You can Free Download my book on Our Book Library.com or at your local bookstore.

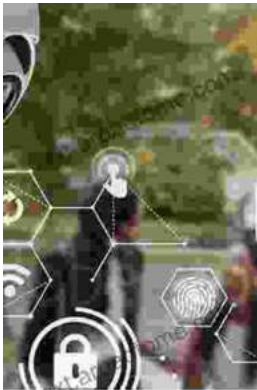


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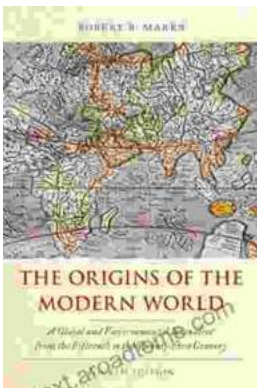
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