

Christian T. Hill, MA

Christian T. Hill, MA, is considered to be a leading expert in the front range with helping teens who self-harm. Christian has been working with self-harm clients for the last 15 years and brings a level of experience and expertise unique to the field.

Christian has a non-threatening relational approach that makes it easy for teens to connect. Together with a support network, Christian helps individuals and families find creative solutions by identifying underlying issues instead of focusing on just the symptoms.

Schedule an appointment

To schedule an appointment, you may use the **online scheduling system** at:
www.alpineconnectioncounseling.com

Christian provides individual, family, and marriage counseling. Additionally he provides weekly **support groups** for teens and parents.

ALPINE CONNECTION COUNSELING
719-233-TEEN (8336)
chill@alpinec2.com

Alpine Connection Counseling accepts only private pay and therefore does not take any insurance at this time. However, most insurance companies will reimburse services from out of network providers. Alpine Connection will provide any necessary statements and documentation to assist you getting these services reimbursed.

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SELF-HARM
EXPERT
Christian T. Hill MA

A PARENT'S GUIDE TO TEENS THAT SELF-HARM

THERE IS HOPE!



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Dear Parent

Discovering self-harm in any family can be terrifying, confusing, and can feel hopeless as you try to understand “why” and how to help.

The good news is that 90% of teens that self-harm do so in an effort to cope and survive as opposed to trying to do something more permanent. Yes, some do it just for attention, but others do it as a way to deal with overwhelming psychological or emotional pain. Self-harm is often a cry for help and usually symptomatic of something deeper going on.



In order for someone to get better, it usually takes a trained professional to help a teen navigate what they are feeling and articulate the psychological or emotional source of their pain. This is especially helpful when teens feel misunderstood by either parents or friends and resign to a world of isolation refusing to open up or talk about their pain. One of the greatest challenges for school counselors and therapists is helping parents recognize the level of seriousness of self-harm as a means to cope or cry out for help.

Not intervening with self-harm can lead to increased bodily harm, self-hatred, shame, isolation, and can reinforce the idea that no one cares. Additionally, the more someone self-harms, the more likely the behavior can become addictive and therefore much more difficult to overcome.

This is where a therapist who is experienced in self-harm can help you and your family navigate through the tough questions and more importantly, how to recover from self-destructive behavior. There is **help** and there is **hope**.

Quotes from teens...

"I feel like a failure and deserve to be punished", "It gives me a release", "I don't feel like I can measure up", "I can't express what I'm feeling on the inside", "It gives me something I can control", "It helps distract me from all the pain in my life" "To show others how much I am hurting"

What Not To Do

Don't-Focus on the cutting more than the person.

Don't- Humiliate them by exploiting their scars or self harm to others

Don't- Yell and lecture them. This will create more feelings of shame and guilt, and they will usually lead to more self harm.

Don't-Make threats or ultimatums because they are self harming

What to do DO

Do - try to show loving support for them. You can love them without approving of the behavior.

Do-Assure them you will provide whatever help and support they need to overcome this.

Do-Seek out professional help from someone skilled and experienced with teens that self harm.

Do-Be a good listener. Ask open ended questions to help them explain what they are thinking and feeling.

Do-Practice patience. Recovering from self harm is more of a journey than an event. Pressuring them to get better quickly is usually counterproductive.

Getting professional help

One of the best things you can do for your child who is struggling with self-harm is to communicate your love and commitment to helping them get through this. Because self-harm is often progressive in nature, many times the best way to help your teen is by providing the opportunity for professional therapy. A therapist well trained in self-harm can help your teen identify what is driving the self-harm in a non-threatening, relational, and solution focused way.

I am committed to providing teens with the tools and coping mechanisms needed to create these new solutions as well as reinforcing a new hope for their future. Please visit my website or contact me directly to have your questions answered and schedule an appointment if needed.