



# Understanding and Treating Self-Injurious Behavior in Autism: A Multi-Disciplinary Perspective

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## Understanding and Treating Self-Injurious Behavior in Autism: A Multi-Disciplinary Perspective

Self-injurious behavior occurs in almost half of those with autism and is one of the most devastating and challenging-to-treat behaviors. There are many different forms of self-injury, such as head banging, hand biting, hair pulling, excessive scratching, and much more. With contributions from the leading experts in research and treatment, the book provides a comprehensive analysis of self-injurious behavior (SIB) in people with Autism Spectrum Disorder (ASD) or related developmental disabilities, and the different methods available to treat them.

Medical and behavioral researchers have studied SIB for over 50 years, but many practitioners and parents are still unfamiliar with the wide range of contributing causes and treatment options. Beginning with an explanation of SIB and its various forms, the contributors outline the many possible underlying causes of self-injury, such as seizures, hormonal imbalance in teenagers, gastrointestinal conditions, allergies, and stress, and show how a multi-disciplinary approach when uncovering the causes of self-injury can lead to successful treatment strategies. They explain the treatment options available for SIB, including nutritional, medical, psychiatric, sensory, and behavioral approaches, and show how an integrative approach to treating self-injury may be effective for many individuals.

The book will be an invaluable addition to the bookshelves of any practitioner working with people with an ASD or related condition, as well as parents and direct care providers.

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