

Abstract

Bachelor thesis focuses on the problematic of deliberate self-harm, it is separated into two parts — literary overview part and practical part. In the literary overview part is explained deliberate self-harm as a concept, further is put in the context of other concepts related to deliberate self-harm and is explained its place in diagnostic manuals. This part summarizes its manifestations, risk factors, types and ways, and other phenomena connected to deliberate self-harm in adolescent age. Describes psychological and physiological functions of deliberate self-harm. Clarifies individuals motives to self-harm and describes specifics of the period, when individuals self-harm. Further clarifies what is happening while in act of self-harm. Especially is oriented to strategies that help manage self-harm immediately and prevent deliberate self-harm. Bachelor thesis designs research project in the practical part, aimed at verification effectiveness of strategies managing deliberate self-harm in adolescence.