

Application of Rational Emotive Behavioral Therapy in Subclinical Self Harm Treatment

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Abstract

Self Harm Behavior is repeatedly hurting self behavior that is not socially acceptable and intentionally used to harm of the body parts without intention to commit suicide. The behavior of self-injury is often also referred to as self-injury, self-mutilating to parasuicide. This study uses the term subclinical self-harm according to the definition, character and criteria based on Croyle and Watz (2007) research. The study aimed to examine the effectiveness of the application of Rational Emotive Behavior Therapy in dealing with subclinical self-harm behavior on one person subjects ($N = 1$). The results showed a decrease in subclinical self-harm behavior in quantitative (frequency and function based inventory ISAS) and qualitative. Based on the qualitative results indicate subjects have a new understanding of the problems that lead to self-harm behaviors and begin to develop a new, more rational thinking in the face of problems.

Keywords: Self harm, Rational Emotive Behaviour Therapy