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THE RICHARD STOCKTON COLLEGE OF NEW JERSEY



Stockton Professor, Medford Resident Sara Martino Works With Group of People in Desperate Need of Help

Dr. Martino Published Her Book Titled *Scars: Creative Approaches to Understanding and Coping with Self-Mutilation*

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Galloway Township, NJ- Ever since she was a young girl, Dr. Sara Martino, assistant professor of psychology at The Richard Stockton College of New Jersey, knew that she wanted to help others. In fifth grade, she decided to pursue a career as a guidance counselor, where she would be able to help students, but Dr. Martino believed that she could make a difference beyond the school setting. After receiving a master's degree, she decided to focus on women's issues. She has worked with women in domestic violence situations and women diagnosed with cancer, but recently, Dr. Martino has been helping a very specific group of young women.

Dr. Martino helps a group of individuals who self-mutilate. According to recent statistics, 1–2% of the population in the United States engages in self-mutilation— deliberate actions to harm one's body without the intent of suicide. Being female, Caucasian, having a history of sexual abuse and having poor impulse control are risk factors for self-mutilation.

Dr. Martino was first introduced to self-mutilation after being approached by a colleague struggling to find ways to help a group of adolescents in a school who were purposely cutting their bodies. Narrative intervention— a technique Dr. Martino previously used with cancer patients and undergraduate students— immediately came to mind as a way to potentially reach self-mutilators. After working closely with small groups of self-mutilators throughout regular intervention sessions, Dr. Martino has compiled case studies and statistic, and she has developed many coping strategies.

Scars: Creative Approaches to Understanding and Coping with Self-Mutilation was written by Dr. Martino to educate readers about the self-mutilation disorder, who it affects and why, and to summarize the various methods of therapy.

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Stockton's Dean of Social and Behavioral Sciences Dr. Cheryl R. Kaus, said, "It takes a rare combination of clinical experience, academic acumen and commitment to women's development to address, so thoroughly, the phenomenon of self-mutilation."

Art, music, photography and autobiography writing have each proven themselves as successful techniques for healing in different self-mutilation cases. Throughout her book, Dr. Martino describes how to carry out healing sessions. Dr. Martino said, "What I hope that those who read this book will find is another perspective, another strategy and another way of understanding self-mutilation."

Dr. Sara Martino teaches in the School of Social and Behavioral Sciences at The Richard Stockton College of New Jersey. She lives in Medford, New Jersey with her family.

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