



Cortarse (Spanish Edition)

Fernando Osorio

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En los últimos años se han incrementado significativamente las consultas de padres preocupados por sus hijos púberes y adolescentes que desarrollan una práctica denominada cutting. Se trata de autolesiones en la piel, de variada profundidad, que se infringen algunos niños y jóvenes en diferentes partes del cuerpo sin una motivación aparente. Su conducta es ambigua, no queda claro si se cortan «para morir o para poder vivir».

En el intento de salvaguardarse de un tormento anímico interno, se generan uno peor.

Las autolesiones representan un tipo de violencia que puede poner en riesgo a la persona que las realiza y, en algunos casos, puede ser la puerta de una conducta suicida. Para los médicos, la familia, los amigos y los docentes, se trata de una reacción violenta, de autoagresión y de daño. Sin embargo, para el que se autolesiona se trata de la única respuesta que pudo encontrar para aliviar un padecimiento emocional insoportable.

En Cortarse, el psicólogo Fernando Osorio brinda herramientas para ayudar a niños y jóvenes en esta situación.

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