

# Psychotherapy with Suicidal People

a person-centred approach



Antoon A. Leenaars

# Psychotherapy With Suicidal People A Person Centered Approach

**John R. Cutcliffe, Chris Stevenson**



## **Psychotherapy With Suicidal People A Person Centered Approach:**

Care of the Suicidal Person John R. Cutcliffe, Chris Stevenson, 2007-01-01 This title is directed primarily towards health care professionals outside of the United States This book is based on a three year qualitative study a study that was funded by the United Kingdom Department of Health that investigated how psychiatric nurses provided care for suicidal people Drawing on service user data this book contains and explains an evidence based empirically induced theory of how to care for suicidal people Far from being an esoteric theory with no clinical applicability the findings captured in this book are grounded in the reality of day to day practice Furthermore in addition to tracing the role of nurses in caring for suicidal people the authors use their findings to launch into formal level issues regarding future research education and policy as well as focusing on the ethical issues involved in care of the suicidal person The authors close by shifting the focus on suicide survivors and with the help of contributing authors As the eminent suicidology scholars who have generously provided their Forewords note this is a must read book for anyone involved in the care of the suicidal person Psychotherapy with Suicidal People Antoon A. Leenaars, 2004-05-14 Almost a million people die by suicide every year WHO estimate The sheer numbers have made suicide prevention a major health target but effective prevention is not straightforward Suicide is a complex event more complex than most of us imagine calling for an equally complex response Psychotherapy with Suicidal People provides a multi component approach with rich clinical data including many case histories to guide the reader Based on decades of research from across the globe Antoon A Leenaars takes the reader into the mind of the suicidal person from the young to the elderly from the anonymous to the famous There is no better way to know and thus to treat a person A plethora of special features makes this volume an international classic and includes Reflections of many suicidologists such as Heraclitus Plato Sigmund Freud Emile Durkheim and Edwin Shneidman A unique window on the clinical mind of the author Empirically supported definition with applications across age gender historical time as well as culture The report of the International Working Group on Ethical and Legal Issues in Suicidology Psychotherapy with Suicidal People A Person centred Approach is essential reading for clinical psychologists psychiatrists and their trainees and all clinicians who work with suicidal people Managing Suicidal Risk David A. Jobes, 2016-06-20 This book has been replaced by Managing Suicidal Risk Third Edition ISBN 978 1 4625 5269 6 *Suicide Among Child Sex Offenders* Tia A. Hoffer, Joy Lynn E. Shelton, 2013-01-09 By providing empirical data and multidisciplinary considerations the book increases awareness of child sex offender suicide among the various entities which come into contact with this population of offenders This book attempts to bring awareness of this potentially high risk population to better inform the law enforcement corrections and mental health communities of the unique risk factors for suicide among CSOs and provide a more effective crisis response The Federal Bureau of Investigation FBI Behavioral Analysis Unit III Crimes Against Children reviewed and analyzed 106 male Child Sex Offenders CSO who committed suicide during the course of a child sex crime investigation Of the 106 CSOs 79%

were child pornography traders collectors 43% were child molesters 21% were travelers and 18% were child pornography producers Analyses also revealed that nearly all were Caucasian and the majority were married employed and died via self inflicted gunshot wound Of particular interest was that in 26% of the cases the offender killed himself within 48 hours of his awareness of the investigation and in nearly half of the known cases the offender had past current military service and a criminal history In addition 68% left a suicide note which is substantially higher than the general suicide population Analysis of the notes revealed common aspects and themes including cognitive distortions burdensomeness shame and self blame The most frequently cited reason for the suicide in the note was the child sex crime investigation

### **College Mental Health**

**Practice** Paul A. Grayson, Philip W. Meilman, 2006-11-06 Paul Grayson a co editor of the successful 1989 book College Psychotherapy has teamed up with Phil Meilman a seasoned veteran of college counseling and psychological services to compile this needed comprehensive up to date treatment guide After an opening discussion of the campus environment and student mentality the book provides an overview of the state of college mental health at the start of the 21st century touching on the issues faced by students of every generation as well as those concerns unique to this day and age With an emphasis on practice and not theory this easily referenced treatment guide will be of use to anyone working in the mental health fields in and around a college environment

Crisis Intervention Kenneth France, 2007 Crisis Intervention is an essential tool for crisis therapy programs Kenneth France details appropriate interventions for individuals in a variety of crisis situations including rape and crime victims natural disaster and terrorist attack victims persons struggling with domestic and relational issues those involved in police incidents and hostage situations as well as suicidal clients and survivors of suicide victims France highlights the importance of appropriate training for crisis workers and discusses the various methods that are most effective to ensure efficiency and to prevent bu

### **Suicide in Psychiatric Disorders**

Roberto Tatarelli, Maurizio Pompili, Paolo Girardi, 2007 The main purpose of this book is to provide the first comprehensive analysis of suicide in psychiatric patients 95 per cent of those who commit suicide had a psychiatric disorder and yet suicide is rarely investigated in psychiatric patients The book provides a relevant contribution to the prediction and prevention of suicide This is a first book devoted to the subject with comprehensive chapters including epidemiology risk factors preventive strategies and available treatments

Methodologies and Challenges in Forensic Linguistic Casework Isabel Picornell, Ria Perkins, Malcolm Coulthard, 2022-04-06 Methodologies and Challenges in Forensic Linguistic Casework Discover more about Forensic Linguistics a fascinating cross disciplinary field from an international team of renowned contributors Methodologies and Challenges in Forensic Linguistic Casework provides an overview of the range of forensic linguistic casework typically found in investigative and judicial contexts In these case studies the authors demonstrate how linguistic theory is applied in real life forensic situations and the constraints and challenges they have to deal with Drawing on linguistic expertise from the USA and Europe involving casework in English Spanish Danish and Portuguese our contributing practitioners exemplify the most

common types of text analysis such as identifying faked texts suspect profiling analyzing texts whose authorship is questioned and giving expert opinions on meaning and understanding Methodologies and Challenges in Forensic Linguistic Casework is designed for investigators and legal practitioners interested in the use of language analysis for investigative or evidentiary purposes as well as for students and researchers wanting to understand how linguistic theory and analysis may be applied to solving real life forensic problems using current best practice

**Routledge International Handbook of Clinical Suicide Research** John R. Cutcliffe, José Santos, Paul S. Links, Juveria Zaheer, Henry G. Harder, Frank Campbell, Rod McCormick, Kari Harder, Yvonne Bergmans, Rahel Eynan, 2013-10-15 Suicide remains one of the most pressing public health concerns across the world Expensive in terms of the human cost and associated suffering the economic costs the social costs and the spiritual costs it affects millions of people every year This important reference work collects together a wide range of research around suicide and suicide prevention in order to guide future research and provide guidance for professionals about the best way to respond meaningfully to suicidal patients Responding to the need for multi disciplinary and international research to deepen our understanding of suicide it demonstrates where our knowledge is firmly evidence based and where new areas for research are emerging as well as highlighting where we know little Divided into six parts each with its own editorial introduction and commentary it explores research with and about survivors of suicide and indigenous populations The remaining sections look at suicide focused research in psychiatric nursing psychiatry psychology and social work and allied health It is of interest to all advanced students practitioners and scholars interested in suicide and its impact and prevention

**A Street Survival Guide for Public Safety Officers** Daniel Rudofossi, 2017-08-09 An expansion of Dr Rudofossi's theory of Police and Public Safety Complex Trauma this text integrates other models of trauma and loss into a one of a kind intervention model It offers insider perspectives from police psychologists police managers and clinicians describing what police personnel experience on the job along with expert intervention

**An Introduction to Counselling and Psychotherapy** Andrew Reeves, 2022-04-27 This latest edition introduces you to the fundamentals of counselling and psychotherapy accompanied by fresh research perspectives and case studies ensuring comprehensive and up to date coverage of the context theories skills and practice of counselling professions This book also covers the latest developments in the world of counselling and psychotherapy including Online counselling and psychotherapy Social justice approaches and the political positioning of therapy Updated content and reading lists addressing diversity inclusivity and decolonisation The Introduction is designed to support and expand your learning and development with features such as discussion questions prompts for reflection case examples and further reading Beyond the pages of the book there is a complementary set of extensive online resources including further case studies journal articles and videos From newly enrolled to starting your practice placement this book is the perfect companion for your counselling training and beyond

*Preventing Suicide* John Henden, 2017-01-30 New edition of an acclaimed manual which uses the solution focused approach to take an empathetic and

validating approach to working with individuals considering suicide Offers invaluable guidance for suicide prevention by showing what works in treating those struggling with suicidal thoughts Provides straightforward ways to deal frankly with the subject of suicide along with a range of tools and techniques that are helpful to clients Includes actual dialogue between practitioners and clients to allow readers to gain a better understanding of how to work with suicidal clients Compares and contrasts a ground breaking approach to suicide prevention with more traditional approaches to risk assessment and management Features numerous updates and revisions along with brand new sections dealing with the international landscape blaming the suicided person Dr Alys Cole King's Connecting with People and telephone work with the suicidal Human Givens Therapy and zero suicide

**Suicide Across the Life Span** Judith M. Stillion, Eugene E. McDowell, 1996  
Twenty nine collected essays represent a critical history of Shakespeare's play as text and as theater beginning with Samuel Johnson in 1765 and ending with a review of the Royal Shakespeare Company production in 1991 The criticism centers on three aspects of the play the love friendship debate

Humanising Psychiatry and Mental Health Care Rachel Freeth, 2007  
This book explores in depth the link between modern psychiatric practice and the person centred approach It promotes an open dialogue between traditional rivals counsellors and psychiatrists within the NHS to assist greater understanding and improve practice Easy to read and comprehend it explains complex issues in a clear and accessible manner The author is a full time psychiatrist and qualified counsellor who offers a unique perspective drawing on personal experience Humanising Psychiatry and Mental Health Care will be of significant interest and help to all mental health professionals including psychiatrists and psychiatric nurses social care workers occupational therapists psychologists person centred counsellors and therapists Health and social care policy makers and shapers including patient groups will also find it helpful and informative

**Suicide: A Global Perspective** Maurizio Pompili, 2012-09-19 In the year 2000 approximately one million people died from suicide a global mortality rate of 16 per 100 000 or one death every 40 seconds In the last 45 years suicide rates have increased by 60% worldwide Suicide is now among the three leading causes of death among those aged 15 44 years both sexes these figures do not include suicide attempts up to 20 times more frequent than completed suicide Suicide worldwide is estimated to represent 1 8% of the total global burden of disease in 1998 and 2 4% in countries with market and former socialist economies in 2020 Although traditionally suicide rates have been highest among the male elderly rates among young people have been increasing to such an extent that they are now the group at highest risk in a third of countries in both developed and developing countries Mental disorders particularly depression and substance abuse are associated with more than 90% of all cases of suicide however suicide results from many complex sociocultural factors and is more likely to occur particularly during periods of socioeconomic family and individual crisis situations e g loss of a loved one employment honour The economic costs associated with completed and attempted suicide are estimated to be in the billions of dollars One million lives lost each year are more than those lost from wars and murder annually in the world It is three

times the catastrophic loss of life in the tsunami disaster in Asia in 2005 Every day of the year the number of suicides is equivalent to the number of lives lost in the attack on the World Trade Center Twin Towers on 9 11 in 2001 Everyone should be aware of the warning signs for suicide Someone threatening to hurt or kill him herself or talking of wanting to hurt or kill him herself someone looking for ways to kill him herself by seeking access to firearms available pills or other means someone talking or writing about death dying or suicide when these actions are out of the ordinary for the person Also high risk of suicide is generally associated with hopelessness rage uncontrolled anger seeking revenge acting reckless or engaging in risky activities seemingly without thinking feeling trapped like there s no way out increased alcohol or drug use withdrawing from friends family and society anxiety agitation unable to sleep or sleeping all the time dramatic mood changes no reason for living no sense of purpose in life Table 1 Understanding and helping the suicidal individual should be a task for all Suicide Myths How to Help the Suicidal Person Warning Signs of Suicide Myth Suicidal people just want to die Fact Most of the time suicidal people are torn between wanting to die and wanting to live Most suicidal individuals don t want death they just want to stoop the great psychological or emotional pain they are experiencing Listen Accept the person s feelings as they are Do not be afraid to talk about suicide directly Ask them if they developed a plan of suicide Expressing suicidal feelings or bringing up the topic of suicide Giving away prized possessions settling affairs making out a will Signs of depression loss of pleasure sad mood alterations in sleeping eating patterns feelings of hopelessness Myth People who commit suicide do not warn others Fact Eight out of every 10 people who kill themselves give definite clues to their intentions They leave numerous clues and warnings to others although clues may be non verbal or difficult to detect Remove lethal means for suicide from person s home Remind the person that depressed feelings do change with time Point out when death is chosen it is irreversible Change of behavior poor work or school performance Risk taking behaviors Increased use of alcohol or drugs Social isolation Developing a specific plan for suicide Myth People who talk about suicide are only trying to get attention They won t really do it Fact Few commit suicide without first letting someone know how they feel Those who are considering suicide give clues and warnings as a cry for help Over 70% who do threaten to commit suicide either make an attempt or complete the act Express your concern for the person Develop a plan for help with the person Seek outside emergency intervention at a hospital mental health clinic or call a suicide prevention center Myth Don t mention suicide to someone who s showing signs of depression It will plant the idea in their minds and they will act on it Fact Many depressed people have already considered suicide as an option Discussing it openly helps the suicidal person sort through the problems and generally provides a sense of relief and understanding Suicide is preventable Most suicidal individuals desperately want to live they are just unable to see alternatives to their problems Most suicidal individuals give definite warnings of their suicidal intentions but others are either unaware of the significance of these warnings or do not know how to respond to them Talking about suicide does not cause someone to be suicidal on the contrary the individual feel relief and has the opportunity to

experience an empathic contact Suicide profoundly affects individuals families workplaces neighbourhoods and societies The economic costs associated with suicide and self inflicted injuries are estimated to be in the billions of dollars Surviving family members not only suffer the trauma of losing a loved one to suicide and may themselves be at higher risk for suicide and emotional problems Mental pain is the basic ingredient of suicide Edwin Shneidman calls such pain psychache 1 meaning an ache in the psyche Shneidman suggested that the key questions to ask a suicidal person are Where do you hurt and How may I help you If the function of suicide is to put a stop to an unbearable flow of painful consciousness then it follows that the clinician s main task is to mollify that pain Shneidman 1 also pointed out that the main sources of psychological pain such as shame guilt rage loneliness hopelessness and so forth stem from frustrated or thwarted psychological needs These psychological needs include the need for achievement for affiliation for autonomy for counteraction for exhibition for nurturance for order and for understanding Shneidman 2 who is considered the father of suicidology has proposed the following definition of suicide Currently in the Western world suicide is a conscious act of self induced annihilation best understood as a multidimensional malaise in a needful individual who defines an issue for which the suicide is perceived as the best solution Shneidman has also suggested that that suicide is best understood not so much as a movement toward death as it is a movement away from something and that something is always the same intolerable emotion unendurable pain or unacceptable anguish Strategies involving restriction of access to common methods of suicide have proved to be effective in reducing suicide rates however there is a need to adopt multi sectoral approaches involving other levels of intervention and activities such as crisis centers There is compelling evidence indicating that adequate prevention and treatment of depression alcohol and substance abuse can reduce suicide rates School based interventions involving crisis management self esteem enhancement and the development of coping skills and healthy decision making have been demonstrated to reduce the risk of suicide among the youth Worldwide the prevention of suicide has not been adequately addressed due to basically a lack of awareness of suicide as a major problem and the taboo in many societies to discuss openly about it In fact only a few countries have included prevention of suicide among their priorities Reliability of suicide certification and reporting is an issue in great need of improvement It is clear that suicide prevention requires intervention also from outside the health sector and calls for an innovative comprehensive multi sectoral approach including both health and non health sectors e g education labour police justice religion law politics the media

**Suicide and Homicide-Suicide Among Police** Antoon Leenaars,Dale Lund,2017-07-28 The goal of this book is to fully explore what the author refers to as the near epidemic levels of suicide and homicide suicide among law enforcement officers and ultimately to offer recommendations and best practices with which to better address the problem The book begins by discussing suicide in some depth for one has to know suicide unequivocally to understand a suicidal or homicidal suicidal officer Suicide and homicide suicide are complex multi determined events the result of an interplay of individual relational social cultural and environmental factors The

complexity of causation necessitates a parallel complexity of knowledge There are at least two avenues to understanding the nomothetic general approach which deals with generalizations using empirical statistical and demographic methods or techniques and the idiographic specific approach which typically involves the intense study of individuals This book explores both Attempting to be mindful of the needs of the office on the street the mental health provider the administrator the forensic specialist and the survivors of these needless tragedies the belief is that by amalgamating the concerns of a diverse audience we can meet the challenge of identifying at risk individuals and situations and saving lives Treatment Of Suicidal People Robert A. Neimeyer, John T. Maltsberger, Antoon A. Leenaars, 2013-02-01 Treatment of suicidal people takes three forms prevention strategies to avert conditions leading to suicide intervention treatment and care during the crisis and postvention response after the event has occurred Unlike other current literature here the focus is on the state of the art of intervention This type of examination is essential because suicidal people themselves are in need of such treatments crisis intervention psychotherapy psychopharmacology and hospitalization Written by professionals in the field the Treatment of Suicidal People allows readers to participate in a learning experience First is a case presentation of an individual Arthur Inman and his long road toward suicide as chronicled in his personal diary The second section puts forth guidelines for the evaluation of suicide risk and crisis intervention A focus on more sustained efforts in psychotherapy is next a theme which is continued in the fourth part by addressing psychiatric issues that are essential for treatment of highly disturbed and lethal patients The following section examines a number of clinical and legal issues that transcend any one population of suicidal people and any particular treatment approach or context And lastly the volume returns to Arthur Inman with case consultations providing alternative perspectives and recommendations on his treatment Suicide and related forms of self injurious behaviour can be circumvented if the involved professionals are sufficiently trained in assessment and prevention

**The SAGE Handbook of Counselling and Psychotherapy** Colin Feltham, Ian Horton, 2012-03-05 This long awaited Third Edition of The SAGE Handbook of Counselling and Psychotherapy brings together the fundamentals of counseling and psychotherapy theory research skills and practice Editors Colin Feltham and Ian Horton address what every successful trainee or practitioner needs to know do think feel and use in a way that is entirely comprehensive accessible and jargon free Including new material on interpersonal psychotherapy cognitive analytic therapy pluralism and mindfulness as well as body psychotherapy hypnotherapy learning disabilities ADHD and low self esteem this book continues to be essential reading for trainees or experienced practitioners alike **Counselling Suicidal Clients** Andrew Reeves, 2010-02-16 I have worked in psychiatry as well as in private practice with suicidal people I found it poignant and true when Reeves points out that people do not have to be mad to be suicidal and that assessing suicide potential fundamentally lies in engaging with the suicidal client at a deeper relational level So true This thoroughly researched book is written with passion and compassion It will be a valuable addition to the libraries of therapists and anyone else who works with suicidal people Therapy Today July 2010 A

uniquely accessible comprehensive and practical guide Essential reading for counsellors and psychotherapists and all helping professionals who work with clients at risk of suicide Mick Cooper Professor of Counselling University of Strathclyde A must read for counsellors of all experience levels offering sound practical strategies alongside thought provoking case studies and discussion points Reeves addresses this difficult topic with depth breadth and integrity Excellent Denise Meyer developer and lead author of [www.studentdepression.org](http://www.studentdepression.org) Andrew Reeves brings together his experience as a social worker counsellor and academic to explore the essential elements in working with suicidal clients His openness and integrity in writing about this complex topic creates a valuable resource for reflective practice Barbara Mitchels Solicitor and Director of Watershed Counselling Service Devon Counselling Suicidal Clients addresses the important professional considerations when working with clients who are suicidal The bigger picture including legal and ethical considerations and organisational policy and procedures is explored as is to how practitioners can work with the dynamics of suicide potential in the therapeutic process The book is divided into six main parts The changing context of suicide The prediction prevention model policy and ethics The influence of the organisation The client process The practitioner process The practice of counselling with suicidal clients The book also includes chapters on the discourse of suicide suicide and self injury and self care for the counsellor It is written for counsellors and psychotherapists and for any professional who uses counselling skills when supporting suicidal people

**The SAGE Handbook of Counselling and Psychotherapy** Terry Hanley, Laura Anne Winter, 2023-02-02 The SAGE Handbook of Counselling and Psychotherapy is the most comprehensive and accessible introduction to the field of counselling and psychotherapy This handbook supports all levels of training and modalities providing an essential entry point to theory practice and research At over 600 pages and with more than 100 contributions from leading authors in the field this Fifth Edition brings together the essentials of counselling and psychotherapy theory research skills and practice Each chapter includes a Further Reading section and case studies Now updated to include the latest research and developments and with new content on online counselling and working with difference and diversity it is the most comprehensive and accessible guide to the field for trainees or experienced practitioners Sections cover Counselling and psychotherapy in context Social justice and intersectionality Core therapeutic and professional skills What do people come to therapy for Theories and approaches Lifespan modalities and technology Settings

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