

# Understanding Suicidal Behaviour

*Understanding the Complex Phenomenon of Suicide: From Research to Clinical Practice* Domenico De Berardis 2018-05-08 Suicide is undoubtedly a worldwide major challenge for the public health. It is estimated that more than 150,000 persons in Europe die as a result of suicide every year and in several European countries suicide represents the principal cause of death among young people aged 14-25 years. It is true that suicide is a complex (and yet not fully understood) phenomenon and may be determined by the interaction between various factors, such as neurobiology, personal and familiar history, stressful events, sociocultural environment, etc. The suicide is always a plague for the population at risk and one of the most disgraceful events for a human being. Moreover, it implies a lot of pain often shared by the relatives and persons who are close to suicide subjects. Furthermore, it has been widely demonstrated that the loss of a subject due to suicide may be one of the most distressing events that may occur in mental health professionals resulting in several negative consequences, such as burnout, development of psychiatric symptoms and lower quality of life and work productivity. All considered, it is clear that the suicide prevention is a worldwide priority and every effort should be made in order to improve the early recognition of imminent suicide, manage suicidal subjects, and strengthen suicide prevention strategies. In our opinion, the first step of prevention is the improvement of knowledge in the field: this was the aim of this present special issue on *Frontiers in Psychiatry*. In this special issue, several papers have contributed to the suicide knowledge from several viewpoints and we hope that this will contribute to improve and disseminate knowledge on this topic.

**Suicidal Behaviour** Updesh Kumar 2014-11-13 *Suicidal Behaviour: Underlying dynamics* is a wide ranging collection of articles that builds upon an earlier volume by the same editor (*Suicidal Behaviour: Assessment of people-at-risk*, 2010) and delves deeper into the dynamics of suicide by synthesizing significant psychological and interdisciplinary perspectives. The volume brings together varied conceptualizations by scholars across disciplines from around the globe, thereby adding on to the available theoretical understandings as well as providing research based inputs for practitioners in the field of suicidal behaviour. This book contains sixteen chapters divided into two broad sections. The volume opens with a discussion about the Theoretical Underpinnings of suicidal behaviour spread through the initial eight chapters that conceptualize the phenomenon from different vantage points of genetics, personality theory, cognitive and affective processes, stress and assessment theories. The second section brings in the Varied Research Evidences and Assessment Perspectives from different populations and groups. Building upon the theoretical foundations the chapters in this section discuss the nuances of dealing with suicidal behaviours among sexual minority populations, alcoholics, military personnel, and within in specific socio-cultural groups. The section closes with an intense focus on a significant issue encountered often in clinical practice, that of assessment of suicide risk, and ways of resolving the cultural, ethical and legal dilemmas.

**Suicidal Behaviour, Bereavement and Death Education in Chinese Adolescents** John W.L. Tse 2018-02-06 This title was first published in 2002: Why are rates of suicidal behaviour in Chinese adolescents so high? What factors in school, community, family and interpersonal relationships cause this tragedy? Using key new research from leading researchers and social workers with first hand knowledge of these problems in Hong Kong, this enthralling study examines those most at risk and signposts the most effective interventions in therapy and strategic prevention programmes. The result is a highly original and readable account which will be compulsive reading for social workers and academics around the world.

*Suicidal Behaviour* Jürgen Kind 1999 Looking at the problem of suicide and suicidal behaviour from a psychoanalytical perspective, Kind analyses the various motivations for such impulses and the therapist's countertransference reactions to a suicidal patient. Therapeutic strategies for dealing with threatened or actual suicide are evaluated within the clinical context. Suicidal patients, for example, may provoke emotions of anger, guilt and helplessness in their therapists: these emotions only intensify if a patient makes a successful suicide attempt. The issue of guilt is used by Kind as a starting point for his exploration of what suicidal behaviour actually represents. He bases his analysis on clinical observations made during therapy with psychosomatic patients, neurotics and patients with borderline disorders. The dynamics of transference and countertransference, object relations, transitional domains and types of interaction, both within the patient and between the patient and the therapist, are discussed. Understanding the origins of suicidal impulses makes it possible for the therapist to cope with his or her own reactions to the patient's behaviour. This book provides an insightful and comprehensive study, which will be of interest to all those working in mental health care and related professions.

**The Oxford Handbook of Suicide and Self-Injury** Matthew K. Nock 2014-05-08 Suicide is a perplexing human behavior that remains among the leading causes of death worldwide, responsible for more deaths each year than all wars, genocide, and homicide combined. Although suicide and other forms of self-injury have baffled scholars and clinicians for thousands of years, the past few decades have brought significant leaps in our understanding of these behaviors. This volume provides a comprehensive summary of the most important and exciting advances in our understanding of suicide and self-injury and our ability to predict and prevent it. Comprised of a formidable who's who in the field, the handbook covers the full spectrum of topics in suicide and self-injury across the lifespan, including the classification of different self-injurious behaviors, epidemiology, assessment techniques, and intervention. Chapters probe relevant issues in our society surrounding suicide, including assisted suicide and euthanasia, suicide terrorism, overlap between suicidal behavior and interpersonal violence, ethical considerations for suicide researchers, and current knowledge on survivors of suicide. The most comprehensive handbook on suicide and self-injury to date, this volume is a must-read text for graduate students, fellows, academic and research psychologists, and other researchers working in the brain and behavioral sciences.

**Understanding Suicidal Behaviour** Kees van Heeringen 2001-06-08 NEW IN PAPERBACK How can suicide be prevented and treated by mental health professionals? *Understanding Suicidal Behaviour* offers a clinical guide to the assessment, treatment and prevention of suicidal behaviour, from a new and useful theoretical perspective. The book presents the arguments and research evidence that suicidal behaviour is not just a response to current emotional crises, but is influenced by persistent characteristics that can be defined in psychological and biological terms. The approach in this book accommodates and goes beyond previous aspects thought important in suicidal behaviour, like mental disorder and social stress. The key concept of vulnerability may provide new approaches to treatment to supplement the existing treatments, which are of limited efficacy. Challenges professionals to understand suicidal behaviour from a basis of vulnerability, personality, and development - and as a process that includes social, biological, and psychological interactions Offers ways in predicting suicidal behaviour and indicating earlier, effective interventions Cutting edge discussion of implications for the study and treatment of suicidal behaviour, by some of the leading authorities in the field "...warrants a place on the shelf of any suicidologist, clinician or researcher with an interest in suicidal behaviour...the editor and contributors ought to be commended on a comprehensive and lucid volume." *British Journal of Clinical Psychology*

**Out of This World** Antonia Murphy 2018-03-26 This book is intended for anyone with either an interest in suicide or suicidal behaviour. It is not aimed solely at the professional psychotherapist but at a broad range of professionals who encounter suicidal people in their work. It is also intended for those of us who have been touched by suicide personally. The book approaches suicide from the point of view of the suicidal state of mind and is intended to help us understand more about this condition. In its essence suicide is examined as a largely unconscious aggressive act having its roots in a perceived or real experience of thwarted childhood needs. The wounds of the suicidal person are often long held and deep. The suicidal person is pursued by haunting losses and the suicidal act comes from deep disturbance created by this and from the idea of death as an acting out of some form of suicidal fantasy. The quasi delusional and split quality of the act is examined - namely that suicide is both an act for and against the self.

**Cognitive Behavioural Prevention of Suicide in Psychosis** Nicholas Tarrow 2013-03-05 This practical and informative text lays out the product of a number of years of clinical research into suicide behaviour and its prevention. While the focus is on non-affective psychosis and the schizophrenia-spectrum disorders, the mechanisms underlying suicide behaviour in this group may well underlie or at least influence suicide behaviour in other disorders. The authors describe methods of assessment through individual formulation, and a cognitive behavioural intervention through case

studies, to reduce the risk of suicide. This book argues that: · Suicide behaviour lies on a cognitive-behavioural continuum from ideation, through intention to action. · Mechanisms based on biased information processing systems, the development of suicide schema, and appraisal styles are likely to be fruitful in explaining suicidal thoughts and behaviours. · A psychological theory of suicide behaviour is needed in order to develop a mechanism of suicide and to understand the components of suicidal thoughts and behaviours. · Suicide risk can be reduced through the use of the intervention methods described within the text *Cognitive Behavioural Prevention of Suicide in Psychosis* evaluates practical applications of contemporary research on this topic, and will therefore be of interest to practitioners, post-graduates in training, and researchers studying suicide and/or psychosis.

*Oxford Textbook of Suicidology and Suicide Prevention* Danuta Wasserman 2021-01-08 Part of the authoritative Oxford Textbooks in Psychiatry series, the new edition of the Oxford Textbook of Suicidology and Suicide Prevention remains a key text in the field of suicidology, fully updated with new chapters devoted to major psychiatric disorders and their relation to suicide.

*Suicidal Behaviour* J. Wallace McCulloch 2014-05-17 *Suicidal Behaviour* aims to assist troubled people who turn their hostility on themselves, as well as to those whose vocation is to help these people. This text first gives an introduction, explaining the magnitude of the problem, the problem of nomenclature, and the relationship of suicide to attempted suicide. This book then provides and explains social, psychiatric, and psychological findings. Ecological correlates of suicidal behavior and concept of suicide are also tackled. This text also looks into the factors why people attempt suicide repeatedly. This book concludes by explaining the implications for prevention of suicidal behavior. This publication will be invaluable to counselors, sociologists, social workers, psychiatrists, and psychologists. Students interested in the subject will also find this book of significance.

**The Neurobiological Basis of Suicide** Yogesh Dwivedi 2012-06-25 With recent studies using genetic, epigenetic, and other molecular and neurochemical approaches, a new era has begun in understanding pathophysiology of suicide. Emerging evidence suggests that neurobiological factors are not only critical in providing potential risk factors but also provide a promising approach to develop more effective treatment and prevention strategies. The *Neurobiological Basis of Suicide* discusses the most recent findings in suicide neurobiology. Psychological, psychosocial, and cultural factors are important in determining the risk factors for suicide; however, they offer weak prediction and can be of little clinical use. Interestingly, cognitive characteristics are different among depressed suicidal and depressed nonsuicidal subjects, and could be involved in the development of suicidal behavior. The characterization of the neurobiological basis of suicide is in delineating the risk factors associated with suicide. The *Neurobiological Basis of Suicide* focuses on how and why these neurobiological factors are crucial in the pathogenic mechanisms of suicidal behavior and how these findings can be transformed into potential therapeutic applications.

*Suicide Prevention* Christine Yu Moutier 2021-05-27 A practical and easy-to-use guide for healthcare professionals on the prevention, assessment and treatment of people at risk of suicide.

*The International Handbook of Suicide and Attempted Suicide* Keith Hawton 2000-11-21 Recent research in the area of suicidology has provided significant new insights in the epidemiological, psychopathological, and biological characteristics of suicidal behaviour. The *International Handbook of Suicide and Attempted Suicide* is the first book to bring together this expertise and translate it into practical guidelines for those responsible for policy issues and for those involved in the treatment and prevention of suicidal behaviour. Leading international authorities provide a truly comprehensive and research-based reference to understanding, treating, and preventing suicidal behaviour. They explore concepts and theories which best guide work within this field and detail key research which has supported conceptual developments, preventive interventions and clinical treatment. "No self-respecting worker in deliberate self-harm and suicide prevention, either clinical or research, can afford to be without access to this comprehensive handbook - possession and regular use, may well become a marker of serious involvement in the subject! ...This is the most comprehensive, up-to-date, informative and well-written source of information on suicide and suicidal behaviour...an invaluable work of reference which will be essential for clinicians and researchers for many years to come." —Andrew Sims, Emeritus Professor of Psychiatry, St James's University Hospital, Leeds, UK - *British Journal of Psychiatry*

**Advancing the Science of Suicidal Behavior** Dorian A. Lamis 2016-08 Suicide is a complex human behaviour that remains one of the leading causes of death worldwide. Although suicidal behaviour continues to perplex clinicians and scholars, there have been recent advances with regard to the research related to the understanding, assessment, and biopsychosocial treatment of suicidal individuals, as well as the prevention of suicidal behaviour. This volume combines the efforts of several leaders in the field of suicidology in an attempt to grasp a better understanding of why people have suicidal thoughts, engage in suicidal behaviour, and ultimately die by suicide. The book is divided into four major parts and provides a comprehensive summary of the exciting progress being made in the field of suicide prevention. Part I discusses epidemiology, epigenetics, and theories of suicide. Part II focuses on assessment, prevention, intervention, and postvention. Part III examines suicide in special populations. Part IV explores suicidal behaviours in psychological disorders. This unique and comprehensive book is intended for graduate students, researchers, clinicians, and professionals who may encounter issues relating to suicide on a regular basis.

*Treating Suicidal Behavior* M. David Rudd 2004-07-26 This manual provides an empirically supported approach to treating suicidality that is specifically tailored to today's managed care environment. Structured yet flexible, the model is fully compatible with current best practice standards. The authors establish the empirical and theoretical foundations for time-limited treatment and describe the specific tasks involved in assessment and intervention. The book then details effective ways to conduct a rapid case conceptualization and outpatient risk assessment, determine and implement individualized treatment targets, and monitor treatment outcomes. Outlined are clear-cut intervention techniques that focus on symptom management, restructuring the patient's suicidal belief system, and building such key skills as interpersonal assertiveness, distress tolerance, and problem solving. Other topics covered include the role of the therapeutic relationship, applications to group work and longer-term therapy, the use of medications, patient selection, and termination of treatment. Illustrated with helpful clinical examples, the book features numerous tables, figures, and sample handouts and forms, some of which may be reproduced for professional use.

**A Comprehensive Guide to Suicidal Behaviours** David Aldridge 2012-02-15 Over a million people commit suicide worldwide every year. Taking an interdisciplinary approach that looks at the person at risk, the family and personal relationships they have and the communities in which they are embedded, this book will help anyone working with suicidal individuals to prevent this major cause of death. Backed up by research and clinical expertise the book clarifies the facts about suicide and debunks the many unfounded myths surrounding the subject. It covers the classifications and manifestations of suicide, as well as the major risk factors, at-risk groups and warning signs. Advice on effective communication and a repertoire of strategies for distress management are offered, not only for supporting at-risk individuals and those who have survived a suicide attempt, but also families coping with bereavement. A final chapter explores the impact of the internet and the digital age on both the propagation and prevention of suicide. This book will be essential reading for anybody working with people at risk of suicide, including clinicians, therapists, psychologists, social and healthcare workers and volunteers working in suicide prevention.

*Reducing the Toll of Suicide* Diego De Leo 2019-10-15 The carefully selected chapters in this volume provide food for thought to practitioners, researchers, students and all those who come into contact with the tragedy of suicide, with the hope of stimulating new ideas and interventions in the difficult fight against suicidal behaviours. This is the second book based on the Intuition, Imagination and Innovation - TRIPLE i in Suicidology international conferences, which are organised annually by the Slovene Center for Suicide Research in memory of the late Prof. Andrej Marušič with the aim of promoting intuition, imagination and innovation in the research and prevention of suicide and suicidal behaviour. In five parts, the internationally renowned team of authors summarises the research looking at: •Understanding individuals (assessing risk in older adults and psychotherapy with suicidal patients), •Understanding the groups at risk of suicide (including youth, people in prison, men, and people with mood disorders), •Understanding the role of community (including the Papageno effect, technology-based and collaborative approaches to prevention, as well as bereavement), •Models of understanding suicide (including the integrated motivational-volitional model of suicidal behaviour and the hot air balloon model of risk factors for suicide), and •Understanding the unique ethical and methodological issues associated with research in this field.

**When It Is Darkest** Rory O'Connor 2021-05-06 AS FEATURED ON BBC RADIO 4 Winner of the 2021 BPS Popular Science Book Award 'Read this incredible book. I wept and I learnt' - Prof Tanya Byron 'This book comes from the heart' - Roman Kemp 'Compassionate, personal and thought-provoking' - Prof Steve Peters When you are faced with the unthinkable, this is the book you can turn to. Suicide is baffling and devastating in equal measures, and it can affect any one of us: one person dies by suicide every 40 seconds. Yet despite the scale of the devastation, for family members and friends, suicide is still poorly understood. Drawing on decades of work in the field of suicide prevention and research, and having been bereaved by suicide twice, Professor O'Connor is here to help. This book will untangle the complex reasons behind suicide and dispel any unhelpful myths. For those trying to help someone vulnerable, it will provide indispensable advice on communication, stressing the importance of listening to fears and anxieties without judgment. And for those who are struggling to get through the tragedy of suicide, it will help you find strength in the darkest of places.

**Understanding Suicide** Philippe Courtet 2016-03-05 In this book international experts address a range of key current issues relating to suicide. The opening chapters discuss nosology, definitions, clinical determinants, and conceptual models of the suicide process and consider the evidence regarding potential biomarkers of suicide risk based on neuroscientific research. Adopting a neo-Durkheimian perspective, the role of various social factors in the genesis of suicidal behavior is then explored in depth. Practical user-friendly tools that facilitate risk assessment by clinicians are provided, and detailed consideration is given to efficient and innovative strategies for the prevention of suicide and the treatment of suicidal behavior, such as psychotherapy, psychopharmacological approaches, and effective organization of care, including surveillance and the use of online tools. The final part of the book focuses on the need for and development of a personalized approach within the field of suicide prevention.

**Contagion of Violence** National Research Council 2013-03-06 The past 25 years have seen a major paradigm shift in the field of violence prevention, from the assumption that violence is inevitable to the recognition that violence is preventable. Part of this shift has occurred in thinking about why violence occurs, and where intervention points might lie. In exploring the occurrence of violence, researchers have recognized the tendency for violent acts to cluster, to spread from place to place, and to mutate from one type to another. Furthermore, violent acts are often preceded or followed by other violent acts. In the field of public health, such a process has also been seen in the infectious disease model, in which an agent or vector initiates a specific biological pathway leading to symptoms of disease and infectivity. The agent transmits from individual to individual, and levels of the disease in the population above the baseline constitute an epidemic. Although violence does not have a readily observable biological agent as an initiator, it can follow similar epidemiological pathways. On April 30-May 1, 2012, the Institute of Medicine (IOM) Forum on Global Violence Prevention convened a workshop to explore the contagious nature of violence. Part of the Forum's mandate is to engage in multisectoral, multidirectional dialogue that explores crosscutting, evidence-based approaches to violence prevention, and the Forum has convened four workshops to this point exploring various elements of violence prevention. The workshops are designed to examine such approaches from multiple perspectives and at multiple levels of society. In particular, the workshop on the contagion of violence focused on exploring the epidemiology of the contagion, describing possible processes and mechanisms by which violence is transmitted, examining how contextual factors mitigate or exacerbate the issue. *Contagion of Violence: Workshop Summary* covers the major topics that arose during the 2-day workshop. It is organized by important elements of the infectious disease model so as to present the contagion of violence in a larger context and in a more compelling and comprehensive way.

**International Handbook of Suicide Prevention** Rory C. O'Connor 2011-06-03 The *International Handbook of Suicide Prevention* showcases the latest cutting-edge research from the world's leading authorities, and highlights policy and practice implications for the prevention of suicide. Brings together the world's leading authorities on suicidal behaviour, renowned for their suicide prevention research, policy and practice Addresses the key questions of why people attempt suicide, the best interventions, treatments and care for those at risk, and the key international challenges in trying to prevent suicide Describes up-to-date, theoretically-derived and evidence-based research and practice from across the globe, which will have implications across countries, cultures and the lifespan

**Death Is Not the Answer** Anjali Chhabria 2016-10-26 Did you know that India is the world's suicide capital with over 2.6 lakh cases reported every year? But what we know about the causes of suicide lags far behind our knowledge of many other life-threatening illnesses, partly because the stigma surrounding suicidal behaviour has limited society's investment in suicide research. It is said that more than 50 per cent of all those who attempt suicide tell someone about their intention. So how do you recognize suicidal symptoms in people around you and get help? From insights into the mind of a suicidal patient and understanding why one is driven to suicide to the right kind of intervention when suicide has been attempted, and a list of suicide hotlines, this book is an attempt to help thousands who are questioning the motive of their life. It is just as useful to anyone who has lost a loved one to suicide and is looking for a way to overcome grief.

**Reducing Suicide** Institute of Medicine 2002-10-01 Every year, about 30,000 people die by suicide in the U.S., and some 650,000 receive emergency treatment after a suicide attempt. Often, those most at risk are the least able to access professional help. *Reducing Suicide* provides a blueprint for addressing this tragic and costly problem: how we can build an appropriate infrastructure, conduct needed research, and improve our ability to recognize suicide risk and effectively intervene. Rich in data, the book also strikes an intensely personal chord, featuring compelling quotes about people's experience with suicide. The book explores the factors that raise a person's risk of suicide: psychological and biological factors including substance abuse, the link between childhood trauma and later suicide, and the impact of family life, economic status, religion, and other social and cultural conditions. The authors review the effectiveness of existing interventions, including mental health practitioners' ability to assess suicide risk among patients. They present lessons learned from the Air Force suicide prevention program and other prevention initiatives. And they identify barriers to effective research and treatment. This new volume will be of special interest to policy makers, administrators, researchers, practitioners, and journalists working in the field of mental health.

**Understanding Self-harm** Elizabeth Bell 2017 This book provides new research on the prevalence, predictors and treatment options for individuals who self-harm. The first chapter describes the frequency and nature of self-harm in patients with schizophrenia and determines whether personality features, defined as temperament and character dimensions, as well as impulsivity features, are predictors of self-harm behaviors in patients with schizophrenia. Chapter Two provides a broad overview of suicide incidence among males in different regions and eras marked by the social factors that are commonly suggested to be related to male suicidality: political turmoil, economic recession and unemployment, war, and access to lethal means. Chapter Three discusses clinical insight for understanding suicidal behaviour among those with origins on the Indian sub-continent. Chapter Four reviews non-suicidal self-injury in a Flemish population.

**Cry of Pain** J. Mark G. Williams 1997 Any person grieving for someone who has committed suicide copes with a question that can never be answered: Why? In this enlightening book, directed at the lay person and professional alike, a clinical psychologist draws on the latest research to explore suicide from all aspects: its history, changing sociological patterns, psychiatric and psychological factors, and moral issues. This book is a compassionate and balanced attempt to bring some understanding to the painful feelings that lead to such an extreme act -- without judging, generalizing, or misreading the messages of suicidal behavior.

**The Psychology of Suicide: From Research Understandings to Intervention and Treatment** Yossi Levi-Belz 2019-07-11 Suicide is a highly complex and multifaceted phenomenon, with many contributing and facilitating factors and variables. However, given its being one of the most severe human behaviors, an obvious focus would be to identify the underlying psychological mechanisms and processes that may lead to suicidal ideation and behavior. This eBook is dedicated to studies exploring various approaches to the psychology of suicidal behavior as well as of non-suicidal self-injury (NSSI). The purpose of this eBook is to shed light on in-depth examinations of the current knowledge and empirical data regarding models, theories, and specific dimensions and variables that may help us increase the psychological understanding of suicidal phenomena. The specific goal is to identify particular psychological characteristics that may be used to develop prevention and intervention methods and programs. We believe that this eBook can contribute to the understanding of this behavior and help to develop specific tools, therapeutic guidelines, and programs that may help

reduce the number of suicides occurring annually. This eBook is dedicated to our dearest friend, Dafni Assaf, who was one of the greatest leaders of the suicide prevention program in Israel.

**Young Person Suicide** Lewis Rivers 1995

**Understanding Suicide** B. Fincham 2011-07-26 Sociologists have debated suicide since the early days of the discipline. This book assesses that body of work and breaks new ground through a qualitatively-driven, mixed method 'sociological autopsy' of one hundred suicides that explores what can be known about suicidal lives.

**American Psychiatric Association Practice Guidelines** American Psychiatric Association 1996 The aim of the American Psychiatric Association Practice Guideline series is to improve patient care. Guidelines provide a comprehensive synthesis of all available information relevant to the clinical topic. Practice guidelines can be vehicles for educating psychiatrists, other medical and mental health professionals, and the general public about appropriate and inappropriate treatments. The series also will identify those areas in which critical information is lacking and in which research could be expected to improve clinical decisions. The Practice Guidelines are also designed to help those charged with overseeing the utilization and reimbursement of psychiatric services to develop more scientifically based and clinically sensitive criteria.

**Suicide and Attempted Suicide** J. Mark G. Williams 2002 A survey of the whole problem of suicide and attempted suicide, presenting the relevant facts and theories against a background of current psychotherapeutic thinking and practice. The book begins with an introduction providing historical and cultural perspectives. The core of the book includes information about suicide numbers, methods and related variables - age, sex, social class - together with cultural and historical comparisons, showing how rates change with other changing features of society. It describes the main theories about causes and motives - sociological, biological, psychodynamic - and combines these perspectives in an account showing among other things the importance of certain patterns of autobiographical memory.

**Working with Suicidal Individuals** Tony White 2011-06-15 \*Highly Commended in the Psychiatry Category of the 2011 BMA Book Awards\*

Working with Suicidal Individuals provides a comprehensive guide to understanding suicide, the assessment of risk, and the treatment and management of suicidal individuals. It begins by covering the theory behind suicidal behaviour, using Transactional Analysis to explore the personality types of suicidal individuals and to understand their motivations. Factors that contribute to an individual becoming suicidal, such as mental illness, are also explored. A comprehensive system for the assessment of suicide risk is provided, including both quantitative and qualitative approaches. Finally, the author discusses different ways suicidal and pseudo-suicidal individuals can be managed and treated, including the 'no suicide contract' and redecision therapy. Case studies are included throughout to demonstrate the theory and practice. This book will be essential reading for all those working with a suicidal or at-risk individual, including practitioners in health, social work, psychotherapy, psychology and counselling.

*Understanding Suicidal Behaviour* Rory C. O'Connor 2000-04-07 Beginning with a short history outlining different societies' attitudes to suicide, the book continues with a discussion of the difficulties of definition and measurement. The book includes a chapter on suicide letters and discusses whether they are a useful tool for understanding suicide. Finally, the book considers practical aspects and issues such as assisted suicide and suicide prevention.

*Suicide* Danuta Wasserman 2016-01-14 Approximately one million people worldwide commit suicide each year, and at least ten times as many attempt suicide. A considerable number of these people are in contact with members of the healthcare sector, and encounters with suicidal individuals form a common part of the everyday work of many healthcare professionals. *Suicide: An unnecessary death* examines the pharmacological, psychotherapeutic, and psychosocial measures adopted by psychiatrists, GPs, and other health-care staff, and emphasizes the need for a clearer psychodynamic understanding of the self if patients are to be successfully recognized, diagnosed, and treated. Drawing on the latest research by leading international experts in the field of suicidology, this new edition provides clinicians with an accessible summary of the latest research into suicide and its prevention. The abundance of new literature can make it difficult for those whose clinical practice involves daily contact with suicidal patients to devote sufficient time to penetrating the research and, accordingly, apply new findings in their clinical practice. In light of the WHO Mental Health Action Plan 2013-2020, this new edition is a timely contribution to the field, and a vital and rapid overview, that will increase awareness of suicide prevention methods.

**Suicidal Behaviour** Tara Marie Lux 2011

**Helping People Overcome Suicidal Thoughts, Urges and Behaviour** Lorraine Bell 2021-03-30 Helping People Overcome Suicidal Thoughts, Urges and Behaviour draws together practical and effective approaches to help individuals at risk of suicide. The book provides a framework and outlines skills for anyone working with adults who present with suicidal thoughts or intent. Part 1 introduces a basic understanding of our knowledge about suicide and UK policy; Part 2 outlines the research into the treatment of suicidality and the general principles for working in the safest possible way. Part 3 outlines ten key psychological skills in the context of evidence-based best practice. The book also discusses the role of health and social care professionals in the prevention of suicide in the context of Covid-19. The book will be a valuable addition to the resources of professionals including psychotherapists, nurses, social workers, occupational therapists, prison and probation officers, drug and alcohol workers, general practitioners and support staff in any health or social care context.

*Life After Suicide* Jennifer Ashton, M.D. 2019-05-07 From the chief medical correspondent of ABC News, an eloquent, heartbreaking, yet hopeful memoir of surviving the suicide of a loved one, examining this dangerous epidemic and offering first-hand knowledge and advice to help family and friends find peace. Jennifer Ashton, M.D., has witnessed firsthand the impact of a loved one's suicide. When her ex-husband killed himself soon after their divorce, her world—and that of her children—was shattered. Though she held a very public position with one of the world's largest media companies, she was hesitant to speak about the personal trauma that she and her family experienced following his death. A woman who addresses the public regularly on intimate health topics, she was uncertain of revealing her devastating loss—the most painful thing she'd ever experienced. But with the high-profile suicides of Kate Spade and Anthony Bourdain, Dr. Ashton recognized the importance of talking about her experience and the power of giving voice to her grief. She shared her story with her Good Morning America family on air—an honest, heartbreaking revelation that provided comfort and solace to others, like her and her family, who have been left behind. In *Life After Suicide*, she opens up completely for the first time, hoping that her experience and words can inspire those faced with the unthinkable to persevere. Part memoir and part comforting guide that incorporates the latest insights from researchers and health professionals, *Life After Suicide* is both a call to arms against this dangerous, devastating epidemic, and an affecting story of personal grief and loss. In addition, Dr. Ashton includes stories from others who have survived the death of a loved one by their own hand, showing how they survived the unthinkable and demonstrating the vital roles that conversation and community play in recovering from the suicide of a loved one. The end result is a raw and revealing exploration of a subject that's been taboo for far too long, providing support, information, and comfort for those attempting to make sense of their loss and find a way to heal.

*Cry of Pain* J. Mark G. Williams 2014-07-03 Suicide presents a real and often tragic puzzle for the family and friends of someone who has committed or attempted suicide. 'Why did they do it?' 'How could they do this?' 'Why did they not see there was help available?' For therapists and clinicians who want to help those who are vulnerable and their families, there are also puzzles that often seem unsolvable. What is it that causes someone to end his or her own life, or to harm themselves: is it down to a person's temperament, the biology of their genes, or to social conditions? What provides the best clue to a suicidal person's thoughts and behaviour? Each type of explanation, seen in isolation, has its drawbacks, so we need to see how they may fit together to give a more complete picture. *Cry of Pain* examines the evidence from a social, psychological and biological perspective to see if there are common features that might shed light on suicide. Informative and sympathetically written, it is essential reading for therapists and mental health professionals as well as those struggling with suicidal feelings, their families and friends.

**The Neuroscience of Suicidal Behavior** Kees van Heeringen 2018-08-23 Contrary to common belief, suicide is preventable and insights from neuroscientific research show how.

**Biological Aspects of Suicidal Behavior** W. P. Kaschka 2016 Suicide is one of the most important causes of death in modern societies. To develop more effective preventive measures, we have to be aware of and learn more about its neurobiological foundations. In recent years, the tools of modern neurosciences have increasingly been utilized to characterize the pathophysiology of complex human behaviors such as suicide. To improve suicide risk assessment and suicide prevention, a better understanding of its pathophysiology is crucial. This includes research from a variety of disciplines such as neuropsychological, psychosocial and cultural studies but also findings from biochemistry, neuropathology, electrophysiology, immunology, neuroimaging, genetics, and epigenetics. Important results have, for example, been obtained in the field of gene-environment interaction and suicidal behavior. We have just begun to understand how early-life adversity may increase suicide risk by epigenetic mechanisms. Based on such insights, novel therapeutic interventions and preventive measures can be developed. Furthermore, a better understanding of the pathophysiological mechanisms involved in suicidal behavior could reveal the mechanism of compounds like lithium salts. In this book, suicidal behavior and its prevention is discussed by international experts in the light of the most recent results from a broad spectrum of neurosciences.

**Handbook of Suicidal Behaviour** Updesh Kumar 2017-10-26 This essential reference volume in the field of suicidology brings forth leading-edge conceptualizations of suicidal behaviour by including emerging trends and recent research advances in the field across the globe. It highlights the trajectories of suicidal behaviour, emphasizing the psyche behind attempting suicide, identifying vulnerable groups, and bridging the gap between theoretical underpinnings and application for addressing the aftermath of suicide. The handbook delineates research progress on risk assessment among vulnerable groups of varied milieu. Furthermore, it introduces various avenues of change and well-being. It also addresses important concerns related to terrorism and suicide in the armed forces. This handbook is a comprehensive repository of the latest research synergized with theoretical conceptualizations that pave the way for newer approaches towards management and prevention of suicidal behaviour. It includes contributions by eminent authors across the globe, and is a must-have resource for scholars, academics and professionals in the areas of mental health and social work.

## Understanding Suicidal Behaviour :

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