

Counselling Suicidal Clients: Therapy in Practice

- Assessing suicide risk
- Developing a safety plan
- Working with clients who are ambivalent about suicide
- Helping clients to cope with the aftermath of a suicide attempt
- Providing support to bereaved family and friends

This book is essential reading for any clinician who works with suicidal clients. It is also a valuable resource for families and friends of suicidal individuals.

Suicide is the act of intentionally ending one's own life. It is a complex and often preventable event. There are many factors that can contribute to suicide, including mental illness, substance abuse, and relationship problems.

There are a number of warning signs that may indicate that someone is at risk for suicide. These include:



Counselling Suicidal Clients (Therapy in Practice)

by Andrew Reeves

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Enhanced typesetting : Enabled

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Print length : 200 pages



- Talking about wanting to die or kill oneself
- Making threats to hurt or kill oneself
- Giving away belongings or making funeral arrangements
- Withdrawing from social contact
- Engaging in reckless or self-destructive behaviors
- Experiencing intense feelings of hopelessness or despair

If you are concerned that someone is at risk for suicide, it is important to take action. You can:

- Talk to the person about your concerns.
- Encourage them to seek professional help.
- Stay with them until help arrives.

Counseling suicidal clients is a complex and challenging process. However, it is also a rewarding one. By providing support and guidance, clinicians can help suicidal clients to find hope and meaning in their lives.

The first step in counseling suicidal clients is to assess their risk of suicide. This can be done using a variety of tools, including the Beck Suicide Scale and the Columbia Suicide Severity Rating Scale.

Once the client's risk of suicide has been assessed, the clinician can begin to develop a safety plan. This plan should include a list of steps that the client can take to keep themselves safe in the event that they feel suicidal.

It is also important to work with clients to identify their triggers for suicidal thoughts and behaviors. Once these triggers have been identified, the clinician can help the client to develop strategies for coping with them.

In addition to providing support and guidance, clinicians can also help suicidal clients to access other resources, such as medication and support groups.

If a client has made a suicide attempt, it is important to provide them with support and assistance. This includes:

- Helping them to understand what happened and why
- Encouraging them to seek professional help
- Providing them with information about suicide prevention resources
- Staying with them until help arrives

The death of a loved one by suicide can be a devastating experience. Family and friends may feel a range of emotions, including grief, guilt, and anger. It is important for clinicians to provide support and guidance to bereaved family and friends. This may include:

- Helping them to understand what happened and why
- Encouraging them to seek professional help
- Providing them with information about suicide prevention resources

- Staying with them until help arrives

Suicide is a complex and often preventable event. By understanding the warning signs of suicide and knowing how to counsel suicidal clients, clinicians can help to save lives. This book provides a comprehensive guide to counseling suicidal clients, drawing on the latest research and evidence-based practices. It is essential reading for any clinician who works with suicidal clients. It is also a valuable resource for families and friends of suicidal individuals.



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