Learning Objectives of Tutorial

- To explore the dynamics of self injurious behavior and differentiate between suicide, parasuicide, and self-mutilation.
- To explore the moral, ethical, and legal questions about "The Right to Die" and how diverse cultures and ethnic groups may view death and suicide
- To recognize the myriad of risk factors with potentially suicidal clients and how to apply the most salient factors in clinical practice

Learning Objectives of Tutorial

- To apply various assessment tools and scales (such as SLAP) to potentially suicidal clients
- To consider suicide prevention strategies and techniques that can be applied to clients at high risk for suicide
- To review and challenge the many myths about suicide that contradict what has been demonstrated by clinical research.

Causes and Modes of Death

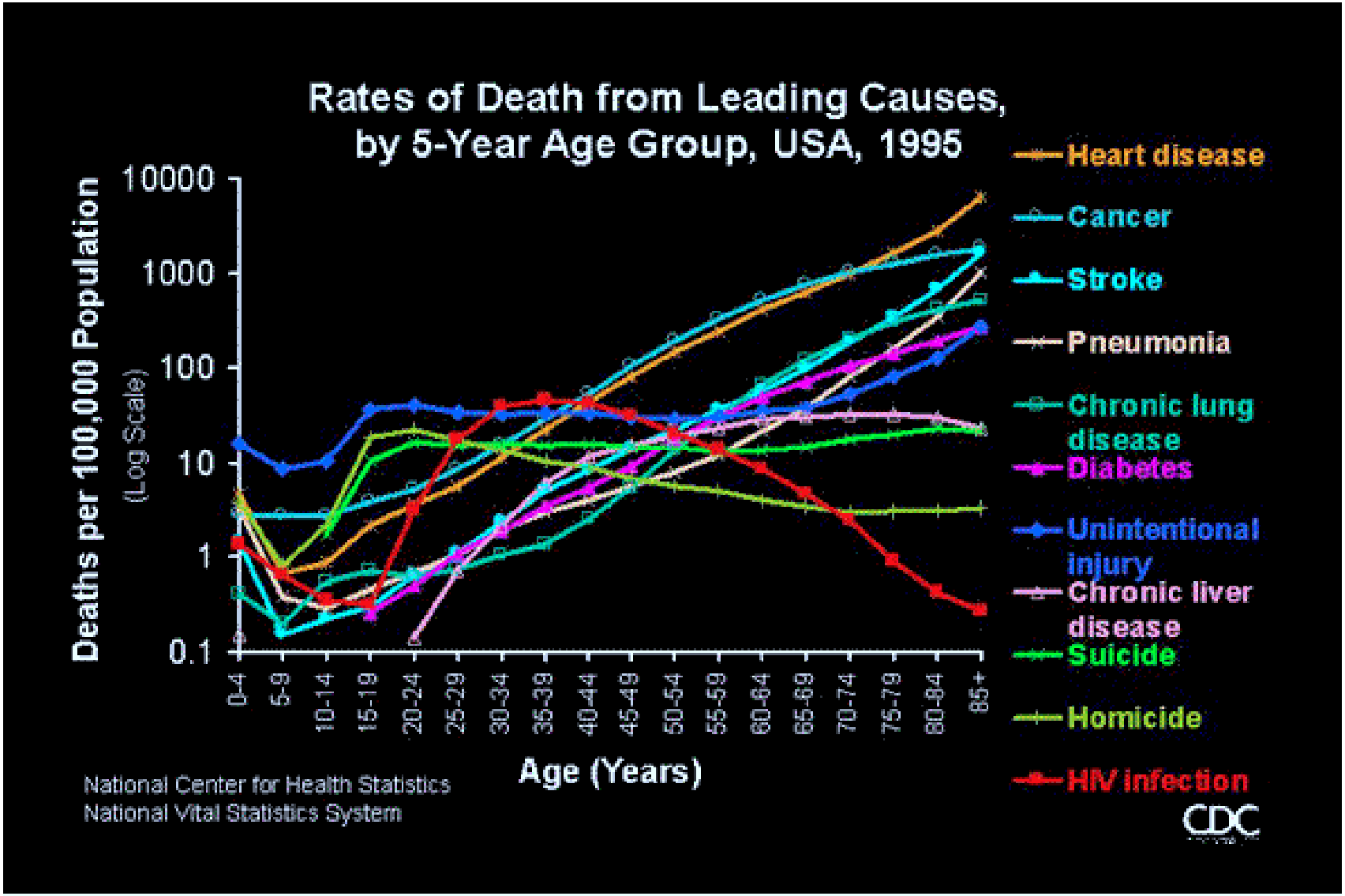
- **World Health Organization recognizes 139 causes of death - e.g. myocardial infarction, asphyxiation, drowning, etc.**
- **Modes of Death: NASH**
  - **Natural causes - usually illness**
  - **Accident - unintentional injury, auto crash**
  - **Suicide - intentional, self-inflicted fatal injury**
  - **Homicide - intentional, other-inflicted fatal injury**



Causes and Modes of Death

- Study the CDC graph on the next slide and answer the following questions:
  - What are three leading causes of deaths for teens?
    - 1st _____
    - 2nd_____
    - 3rd _____
  - At what age does HIV infection become a leading cause of death?
  - True or False As we reach middle age, various diseases become the leading cause of death.

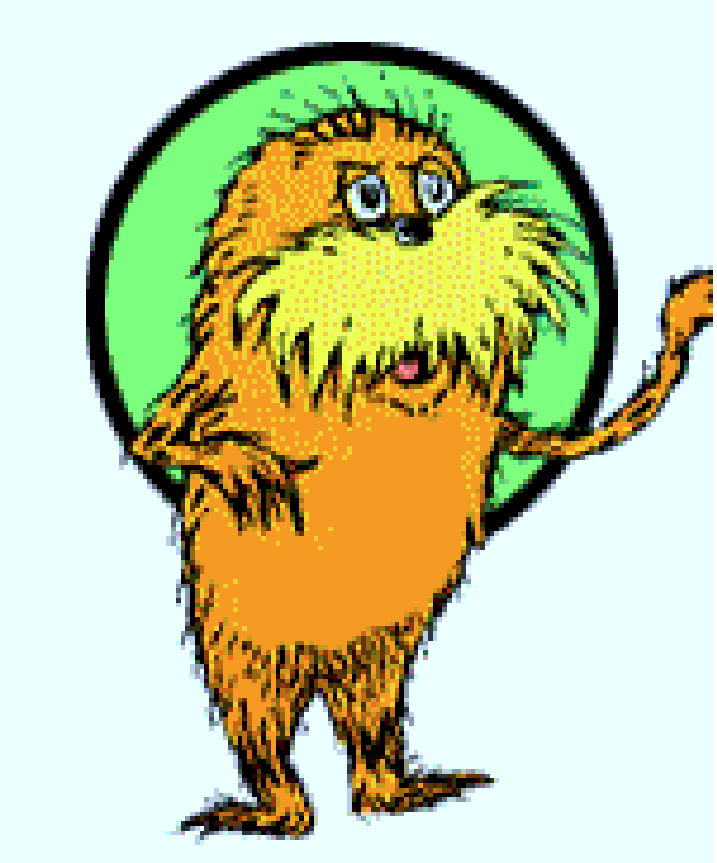
Causes and Modes of Death



Causes and Modes of Death

- Answers to CDC graph quiz:
  - What are three leading causes of deaths for teens?
    - 1st **Accident (unintentional injury)**
    - 2nd **Homicide**
    - 3rd **Suicide**
  - At what age does HIV infection become a leading cause of death? Thirties
  - True or False As we reach middle age, various diseases become the leading cause of death. E.g. heart disease, cancer, stroke, etc.

Causes and Modes of Death



- CDC graph is a summary of **all** groups in US population
- For specific gender and ethnic groups, these curves would be very different - e.g. homicide is the leading cause of death for young black males.

The Lorax© appears in this tutorial whenever there is a caveat or warning.

Modes of Death

- Of the four modes of death (NASH) - which is most likely to be over-reported and which most likely to be under-reported?
  - Over-reported _____
  - Under-reported _____
- How would you explain this error? (Hint: think about consequences of these modes of death for survivors.)

Modes of Death

- Of the four modes of death (NASH) - which is most likely to be over-reported and which most likely to be under-reported?
  - Over-reported Accidental and Natural
  - Under-reported Suicide and Homicide
- How would you explain this error? (Hint: think about consequences of these modes of death for survivors.) Stigma attached to suicide and homicide, insurance consequences, attempts of perpetrators to obscure homicide

Glossary of Suicide Jargon

- **Completed suicide** - intentional, self-inflicted injury that causes death - sometimes called "successful suicide"
- **Attempted suicide** - intentional, self-inflicted injury that does not result in death
- **Suicidal gesture** - an intentional, self-inflicted injury usually not lethal enough to cause death and often accompanies a suicidal threat
- **Suicidal threat** - verbal/written statement or warning threatening self harm or suicide

Glossary of Suicide Jargon

- **Parasuicide -** general term that covers suicidal attempts and gestures (no motive implied) but distinguishes such acts from completed suicide
- **Suicidal ideation -** thoughts or ruminations about killing oneself
- **Victim precipitated homicide -** suicidal person gets someone else to kill him/her - e.g. “suicide by cop”
- **Pre-suicidal state -** suicidal person is contemplating and planning suicide - often in response to tragic and painful life events

Glossary of Suicide Jargon

- **Suicidal crisis -** person is actively engaging in self-injurious behavior - e.g. overdosing, cutting, locating and loading a weapon, driving too fast
- **Acutely suicidal -** recent, sudden onset of suicidal thoughts, threats, and gestures
- **Chronically suicidal -** long history of suicidal ideation, threats, and gestures
- **Accidental suicide** - person has no intention of dying but miscalculates seriousness of self injury and dies (or rescuers do not appear in time)

Glossary of Suicide Jargon

- **Suicidogenic family -** repeated suicide attempts, threats, gestures, and completions that run throughout a family's generations
- **Psychological autopsy -** educational process following a completed suicide - intended to help agency and worker review all hints, evidence, information about a client's completed suicide. Not designed to fix blame but to help agency and worker learn how to prevent similar suicides in the future.

Suicide vs. Parasuicide

- Rate of Attempters (parasuicide) to Completers of Suicide is about 10:1.
- Women are 2-3 times more likely to attempt suicide than men, and men are 2-3 times more likely to complete suicide than women. Men choose precipitous methods that cannot be undone once started - guns, jumping from high places
- Are the dynamics of suicide, parasuicide, and self-mutilation different?

Suicide vs. Parasuicide

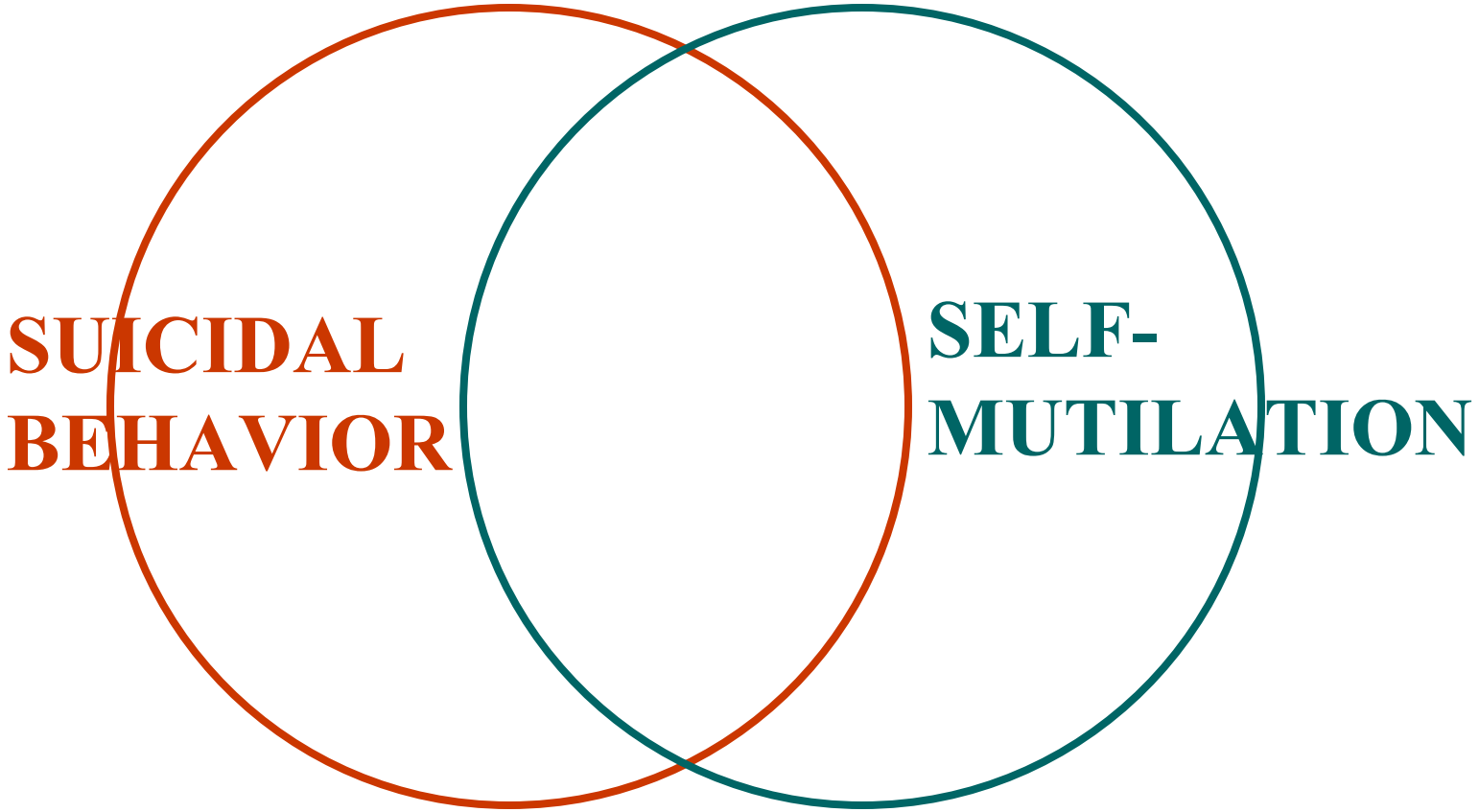
Modal Completer

- White Male
- Age: 50+
- Method:
  - gunshot
  - jumping
- Motivation: death
- Primary affect:
  - depression/hopelessness

Modal Attempter

- White Female
- Age: twenties
- Method:
  - pills
  - cutting
- Motivation:
  - change in situation
  - cry for help
- Primary Affect:
  - depression/anger

Self Injurious Behavior (SIB)
Suicide vs. Self Mutilation



Self Injurious Behavior SIB

- Is self-mutilation a special kind of symptom that is distinct from the self-harm associated with suicidal behavior?
- Are the higher reported rates of suicide attempts in women and high rates of women attempters reflective of another kind of dynamic not salient to suicide?
- Clinical evidence that self-mutilation is connected to trauma for women.



Self Injurious Behavior SIB

- Intention:
  - self-harm of suicide is intended to cause death
  - self-mutilation is intended to relieve intense anxiety
- Frequency:
  - suicidal behavior is low frequency - few times in one's life
  - self-mutilation is high frequency - done 20, 30 or a hundred times in one's life

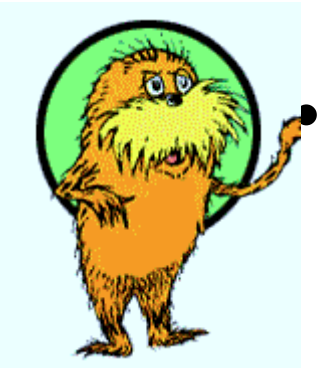
Self Injurious Behavior SIB

- Lethality:
  - self-harm of suicide is life threatening - slashing arteries, poisoning, guns, jumping off bridges, etc
  - self-harm of self-mutilation is not life threatening but self soothing - superficial slashing and cutting, picking of old wounds, burning parts of body, bruising, biting, hair pulling, etc.

Self Injurious Behavior SIB

- Secrecy:
  - self-harm of suicide may be public and warnings given to significant others
  - self-harm of self-mutilation occurs in secret when client is alone, in places on the body that can be covered or remain hidden to avoid embarrassment
- Co-morbidity:
  - self-harm of suicide occurs with depression, substance abuse, and schizophrenia
  - self-mutilation occurs with borderline personality disorder, developmental identity disorder, PTSD, etc.

Self Injurious Behavior SIB



- The underlying dynamics of suicide, parasuicide, and self-mutilation may be different in clinical practice **BUT** one should not assume that someone who is self-mutilating will not also become suicidal and deliberately try to kill oneself. Women who have been severely traumatized as children and engage in self-mutilation can also be severely suicidal.

SUMMARY

- The **Four Modes of Death** are; **N**atural Cause, **A**ccident, **S**uicide, or **H**omicide
- The **three** leading causes of death for teens are **accidents, homicide, and suicide**
- Social Stigma and Fear of Consequences result in accidental and natural deaths to be over-reported and suicide and homicide to be under-reported
- **Parasuicide** - general term that covers suicidal attempts and gestures (no motive implied) but distinguishes such acts from completed suicide
- Rate of Attempters (parasuicide) to Completers of Suicide is about **10:1**
- ***Women are 2-3 times more likely to attempt*** suicide than men, and ***men are 2-3 times more likely to complete*** suicide than women.
- **Self-mutilation** is intended to relieve anxiety and is self soothing, has a higher frequency over the lifespan, occurs in secret, & the person is PTSD/Borderline
- **Self-harm of suicide** is intended to cause death, has a lower frequency over the life span, and is life-threatening, often public, and occurs with depression

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