

Table of Contents

Preface vii

Acknowledgments x

1 Introduction 1

2 Suicide and Attempted Suicide 5

2.1 Definitions 5

2.2 Epidemiology 7

2.2.1 Suicide 7

2.2.2 Attempted Suicide 7

2.2.3 Risk Factors and Protective Factors for Suicidal Behavior 9

2.3 Models of Suicidal Behavior 11

2.3.1 The Medical Model 11

2.3.2 The Biological Model 12

2.3.3 The Sociocultural Model 15

2.3.4 Psychological Models 15

2.4 Prevention of Suicidal Behavior 21

2.4.1 Universal Strategies 22

2.4.2 Selective Strategies 23

2.4.3 Indicated Strategies 23

2.5 Attempted Suicide: Psychological Treatments 24

2.5.1 Problems in Clinical Suicide Prevention 24

2.5.2 Outreach Interventions 26

2.5.3 Cognitive Behavior Therapy 27

2.5.4 Emotion Regulation 28

2.6 Pharmacotherapy 30

2.7 Conclusions 32

3 ASSIP Therapist Manual 33

3.1 Therapeutic Concepts in ASSIP 33

3.1.1 Treatment Engagement: Building a Therapeutic Alliance 33

3.1.2 The Provision of a Secure Base: Long-Term Anchoring 36

3.1.3 Suicide Is an Action, Not an Illness 37

3.1.4 Narrative Interviewing 38

3.1.5 What Patients Tell Us 40

3.1.6 The Suicidal Mode 42

3.1.7 Summary 43

3.2 ASSIP: The Basics 44

3.2.1 Objectives and Treatment Settings 44

3.2.2 Therapy Process Factors in ASSIP 45

3.2.3 ASSIP Step by Step: Overview..... 46

3.3 ASSIP Therapy Sessions..... 47

3.3.1 General Remarks 47

3.3.2 Room Requirements 48

3.4 First Session: Conducting a Narrative Interview 48

3.4.1 Introduction 48

3.4.2 Structure of the First Session 48

3.4.3 Ending the First Session 51

3.5 Second Session: Video Playback 52

3.5.1 Introduction 52

3.5.2 Structure of the Second Session 53

3.5.3 Homework Task..... 56

3.5.4 Ending the Second Session..... 56

3.6 Third Session: Formulating the Patterns Leading to the Suicidal Crisis..... 57

3.6.1 Introduction 57

3.6.2 Structure of the Third Session..... 58

3.6.3 Ending the Third Session..... 67

3.6.4 Decision to Hold a Fourth Session 67

3.7 Fourth Session (Optional): Reexposure 68

3.7.1 Introduction 68

3.7.2 Structure of the Fourth Session..... 68

3.7.3 Ending the Fourth Session..... 69

3.8 Ongoing Contact by Regular Letters 70

3.8.1 Introduction 70

3.8.2 Procedure 70

3.8.3 Administration of Correspondence..... 70

3.9 Difficulties That May Arise in the Practical Use of ASSIP..... 71

3.10 Future Prospects..... 74

References 75

Appendices..... 89