

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 †

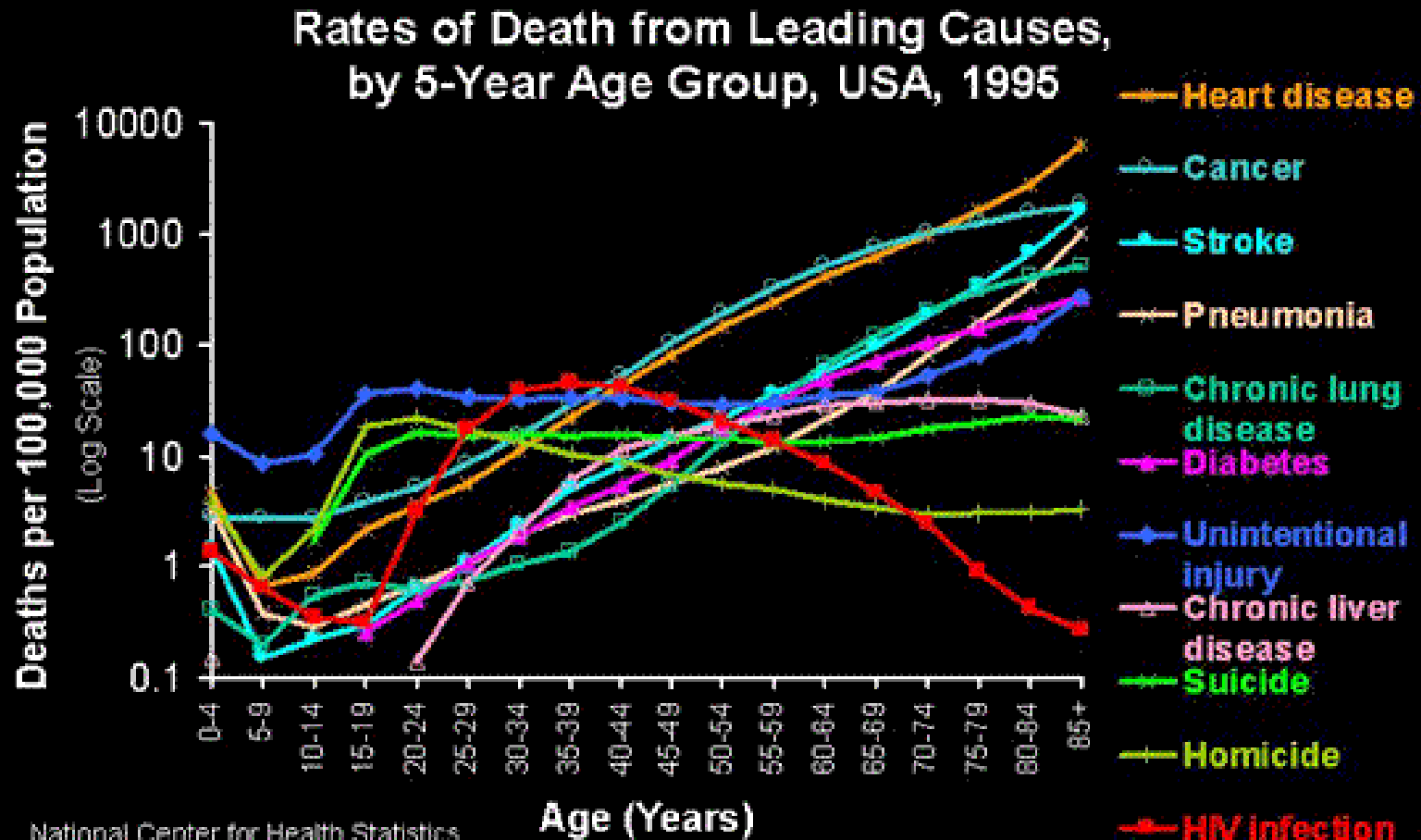
- **World Health Organization recognizes 139 causes of death - e.g. myocardial infarction, asphyxiation, drowning, etc.**
- **Modes of Death: NASH**
 - **Natural causes - usually illness**
 - **Accident - unintentional injury, auto crash**
 - **Suicide - intentional, self-inflicted fatal injury**
 -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



National Center for Health Statistics
National Vital Statistics System



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

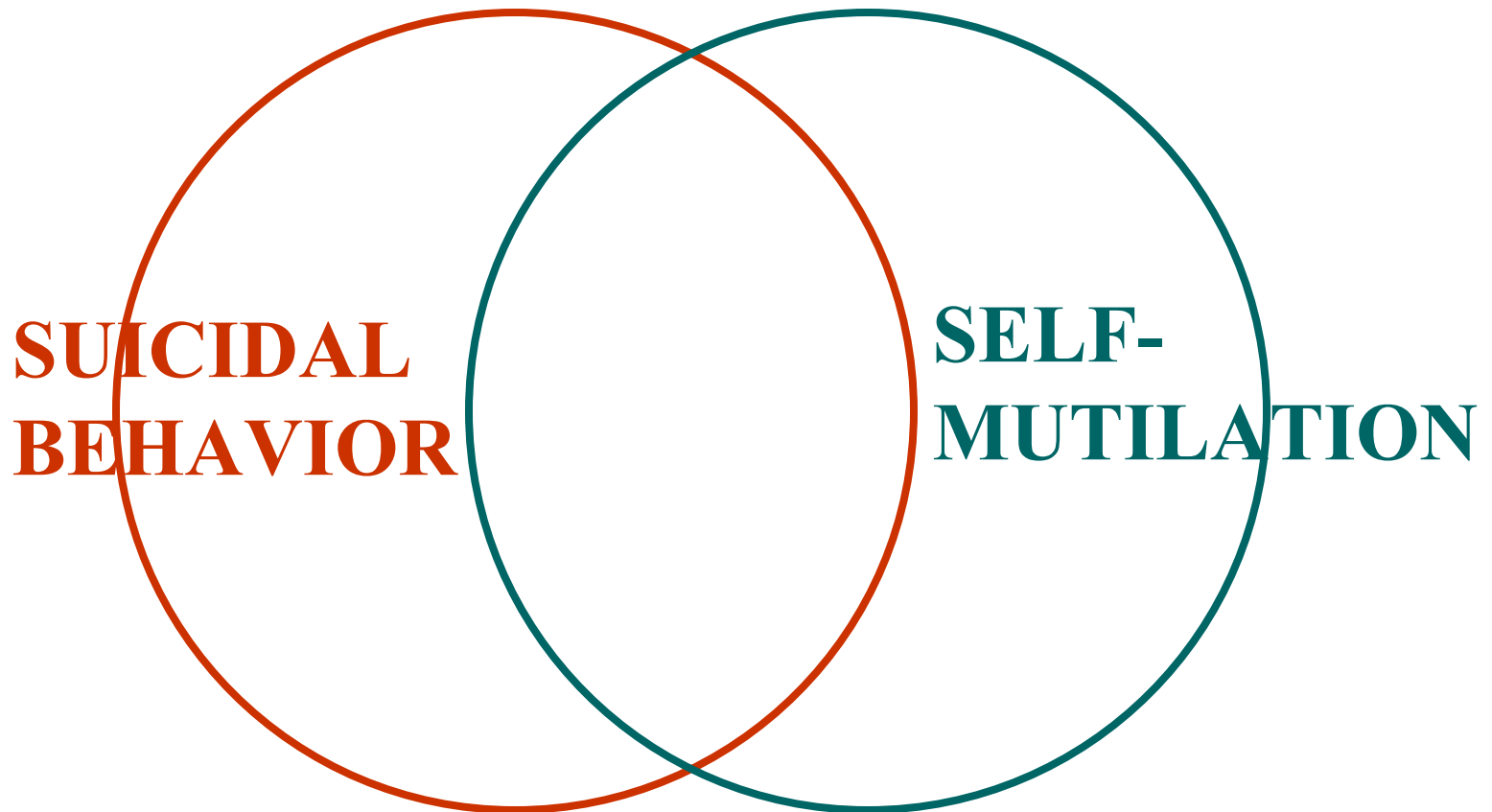
- White Male
- Age: 50+
- Method:
 - gunshot
 - jumping
- Motivation: death
- Primary affect:
 - depression/hopelessness

Modal Attempter

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

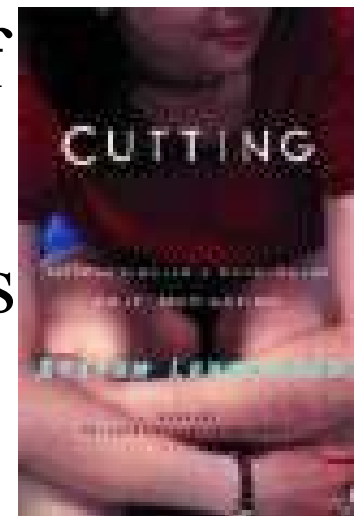
Self Injurious Behavior (SIB)

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

