

Warning signs of suicidal thoughts



Suicidal Mind

Konrad Michel



Suicidal Mind:

The Suicidal Mind Edwin S. Shneidman, 1998 Presenting cases recounted in the patients own words that reveal the inner workings of the suicidal mind Shneidman looks at suicide from a psychological perspective He offers a wealth of insights to help understand and to prevent suicide Phenomenology of Suicide Maurizio Pompili, 2017-10-10 This book will help the reader to understand the suicidal mind from a phenomenological point of view shedding light on the feelings of suicidal individuals and also those of clinicians In accordance with the importance that the phenomenological approach attaches to subjectivity and sense of self as the starting points for knowledge emphasis is placed on the need for the clinician to focus on the subjective experiences of the at risk individual to set aside prior assumptions judgments or interpretations and to identify ways of bridging gaps in communication associated with negative emotions The vital importance of empathy is stressed drawing attention to the insights offered by neuroimaging studies and the role of mirror neurons in social cognition It is widely acknowledged that when a clinician meets a person who wants to die by suicide the clinician does not fully understand what is going on inside the mind of that individual This book recognizes that any approach to suicide prevention must promote understanding of suicidal thoughts and feelings The awareness that it fosters and the innovative perspectives that it presents will appeal to a wide readership The neurobiology of suicide: The 'suicidal brain' Cicek Hocaoglu, E. Erdal Erşan, Hilario Blasco-Fontecilla, 2023-06-30 How Not to Kill Yourself Clancy Martin, 2024-03-26 FINALIST FOR THE KIRKUS PRIZE FOR NONFICTION ONE OF TIME S 100 MUST READ BOOKS OF THE YEAR ONE OF THE NEW YORK TIMES BOOK REVIEW S CRITICS PICKS ONE OF THE BOSTON GLOBE S 55 BOOKS WE LOVED THIS YEAR ONE OF KIRKUS S BEST NONFICTION BOOKS OF THE YEAR An intimate insightful at times even humorous blend of memoir and philosophy that examines why the thought of death is so compulsive for some while demonstrating that there s always another solution from the acclaimed writer and philosophy professor based on his viral essay I m Still Here A deep meditation that searches through Martin s past looking for answers about why he is the way he is while also examining the role suicide has played in our culture for centuries how it has evolved and how philosophers have examined it Esquire A rock for people who ve been troubled by suicidal ideation or have someone in their lives who is The New York Times If you re going to write a book about suicide you have to be willing to say the true things the scary things the humiliating things Because everybody who is being honest with themselves knows at least a little bit about the subject If you lie or if you fudge the reader will know The last time Clancy Martin tried to kill himself was in his basement with a dog leash It was one of over ten attempts throughout the course of his life But he didn t die and like many who consider taking their own lives he hid the attempt from his wife family coworkers and students slipping back into his daily life with a hoarse voice a raw neck and series of vague explanations In *How Not to Kill Yourself* Martin chronicles his multiple suicide attempts in an intimate depiction of the mindset of someone obsessed with self destruction He argues that for the vast majority of suicides an attempt does not just

come out of the blue nor is it merely a violent reaction to a particular crisis or failure but is the culmination of a host of long standing issues He also looks at the thinking of a number of great writers who have attempted suicide and detailed their experiences such as David Foster Wallace Yiyun Li Akutagawa Nelly Arcan and others at what the history of philosophy has to say both for and against suicide and at the experiences of those who have reached out to him across the years to share their own struggles The result combines memoir with critical inquiry to powerfully give voice to what for many has long been incomprehensible while showing those presently grappling with suicidal thoughts that they are not alone and that the desire to kill oneself like other self destructive desires is almost always temporary and avoidable Autopsy of a Suicidal Mind Edwin S. Shneidman, 2004-02-26 Autopsy of a Suicidal Mind is a uniquely intensive psychological analysis of a suicidal mind In this poignant scientific study Edwin S Shneidman a founder of the field of suicidology assembles an extraordinary cast of eight renowned experts to analyze the suicidal materials including a ten page suicide note given to him by a distraught mother looking for insights into her son s tragic death The psychological autopsy centers on the interviews conducted by Shneidman with Arthur s mother father brother sister best friend ex wife girlfriend psychotherapist and attending physician To gain some understanding of this man s intense psychological pain and to examine what may have been done to save his tortured life Shneidman approached the top suicide experts in the country to analyze the note and interviews Morton Silverman Robert E Litman Jerome Motto Norman L Farberow John T Maltzberger Ronald Maris David Rudd and Avery D Weisman Each of the eight experts offers a unique perspective on Arthur s tragic fate and the sum of their conclusions constitutes an extraordinary psychological autopsy This book is the first of its kind and a remarkable contribution to the study of suicide Mental health professionals students of human nature and persons whose lives have been touched by this merciless topic will be mesmerized and enlightened by this unique volume An epistemological tour de force it will speak to anyone who is concerned with human self destruction Myths about Suicide Thomas Joiner, 2011-11-30 Around the world more than a million people die by suicide each year Yet many of us know very little about a tragedy that may strike our own loved ones and much of what we think we know is wrong This clear and powerful book dismantles myth after myth to bring compassionate and accurate understanding of a massive international killer Drawing on a fascinating array of clinical cases media reports literary works and scientific studies Thomas Joiner demolishes both moralistic and psychotherapeutic clichés He shows that suicide is not easy cowardly vengeful or selfish It is not a manifestation of suppressed rage or a side effect of medication Threats of suicide far from being idle are often followed by serious attempts People who are prevented once from killing themselves will not necessarily try again The risk for suicide Joiner argues is partly genetic and is influenced by often agonizing mental disorders Vulnerability to suicide may be anticipated and treated Most important suicide can be prevented An eminent expert whose own father s death by suicide changed his life Joiner is relentless in his pursuit of the truth about suicide and deeply sympathetic to such tragic waste of life and the pain it causes those left behind **Suicidal** Jesse

Bering,2018-10-30 This personal inquiry into the psychology of suicide brings compassion confessional honesty and academic perception to a woefully misunderstood subject Kirkus Reviews Despite his success as a psychologist and writer Jesse Bering spent most of his thirties believing he would probably kill himself At times the impulse to take his own life felt all but inescapable When his suicidal thoughts began to fade he felt relieved but also curious He wondered where they came from and if they would return whether other animals experienced the same impulse or if it was a uniquely human evolutionary development In *Suicidal* Bering answers all these questions and more Drawing on personal stories scientific studies and remarkable cross species comparisons Bering explores the science and psychology of suicide Revealing its cognitive secrets and the subtle tricks our minds can play on us Bering helps readers analyze their own doomsday thoughts while gaining broad insight into the subject Authoritative accessible personal and profound *Suicidal* will change the way you think about this most vexing of human problems

Cry of Pain Mark 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

Biological Aspects of Suicidal Behavior W. P. Kaschka,D. Rujescu,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 *The Suicidal Person* Konrad Michel, 2023-09-12 Konrad Michel a leading psychiatrist and acclaimed expert draws on decades of experience to offer necessary new ways of understanding and preventing suicide After one of his first patients died by suicide Michel devoted himself to researching self harm Writing vividly and personally he recounts more than forty years of working with and learning from suicidal patients Michel shows that suicide is not just a consequence of mental illness but an action related to a person s life story Drawing on hundreds of interviews with suicidal patients he argues that suicide and suicide attempts occur when someone experiences extreme emotional pain that severely impairs the ability to think and act rationally Based on this understanding Michel and his colleagues developed a person centered approach to treatment that overcomes the limitations of the traditional medical model Through a brief therapy patients find a personally meaningful narrative understanding of their suicidal thoughts and impulses People at risk can learn to recognize their vulnerabilities in order to manage potentially life threatening situations and keep themselves safe Michel emphasizes the importance of communication medical professionals need to connect with patients as individuals to identify specific warning signs Both compassionate and rigorous this book provides vital insight into suicide prevention and shows how changing attitudes will help save lives It includes practical advice for people at risk with special emphasis on young people as well as for relatives and health professionals Why Suicide Is Amoral Robyn Gaier, 2024-06-25 Moral evaluations of actions are only appropriate for actions within the moral domain Actions outside of the moral domain are amoral actions In *Why Suicide Is Amoral A Philosophical Account* Robyn Gaier emphasizes the role of agency in determining whether an action is within the moral domain If an agent lacks either deliberative agency or moral agency then their action is amoral An agent lacks deliberative agency if they cannot evaluate and act upon reasons and moral agency if they cannot act upon moral reasons Actions in which such agencies are compromised are also amoral actions In treating actions of suicide while granting their diversity this book traces them to the loss or threat of loss of basic psychological needs Gaier argues that when basic psychological needs are lost or under threat an agent s deliberative agency moral agency or both are either lacking or compromised Hence actions of suicide are amoral and it is a conceptual mistake to attempt the moral evaluation of actions of suicide Furthermore when we regard actions of suicide as within the moral domain we perpetuate a social stigma against suicide *Suicide* David Lester Ph.D., James R. Rogers, 2013-10-29 Intended for the general reader this masterful compilation probes the psychology of suicide revealing the latest research and spotlighting global efforts to reduce the million suicide deaths each year Exceeding previously available studies in both scope and depth the two volume *Suicide A Global Issue* explores and explains both why suicides and suicide attempts occur and what can be done to prevent them The first volume *Understanding* considers factors that may play into the choice to take one s life discussing forces as varied as culture psychology religion and biology The second volume *Prevention* covers steps that can be taken to prevent suicide whether individually or by society as a whole Articles by widely respected experts consider questions such as why people kill

themselves why some countries have extremely high suicide rates and whether the treatment of suicidal individuals actually prevents them from taking their lives Each chapter presents incidents research and actions from nations around the globe as well as from the United States

Discursive Constructions of the Suicidal Process Dariusz Galasinski,Justyna Ziółkowska,2020-07-09 What is suicide When does suicide start and when does it end Who is involved Examining narratives of suicide through a discourse analytic framework Discursive Constructions of the Suicidal Process demonstrates how linguistic theories and methodologies can help answer these questions and cast light upon what suicide involves and means both for those who commit an act and their loved ones Engaging in close analysis of suicide letters written before the act and post hoc narratives from after the event this book is the first qualitative study to view suicide not as a single event outside time but as a time extended process Exploring how suicide is experienced and narrated from two temporal perspectives Dariusz Galasinski and Justyna Ziolkowska introduce discourse analysis to the field of suicidology Arguing that studying suicide narratives and the reality they represent can add significantly to our understanding of the process and in particular its experiences and meanings Discursive Constructions of the Suicidal Process demonstrates the value of discourse analytic insights in informing enriching and contextualising our knowledge of suicide

New Directions in Psychiatry Maurizio Pompili,Roger McIntyre,Andrea Fiorillo,Norman Sartorius,2020-06-08 This book focuses on hot issues faced by clinicians in everyday clinical practice and provides in depth analyses of both met and unmet needs in the management of psychiatric disorders It has been repeatedly shown that the needs of patients relatives the community at large and those of the governmental bodies only partially overlap For instance patients in their families are more concerned about quality of life treatment autonomy and independent living whereas governmental stakeholders are typically more concerned about relapse prevention and reduction of hospitalizations As such a volume bridging the gap between theoretical notions and practical understanding of patients untreated aspects of their psychiatric disorders is much needed Instead of focusing on traditional descriptions of psychopathology and diagnostic criteria the volume guides readers to core problems for each topic taking into account new approaches in the classification of mental disorders as proposed by DSM 5 It elaborates on much debated controversial problems such as the assessment and treatment of psychomotor agitation and non adherence to treatment that impacts on the psychiatric context With its unique approach this volume appeals to anyone with an interest in the field including researchers clinicians and trainees

Suicide Risk Assessment and Prevention Maurizio Pompili,2022-12-19 This book explores suicide prevention perspectives from around the world considering both professionals points of view as well as first person accounts from suicidal individuals Scholars around the globe have puzzled over what makes a person suicidal and what is in the minds of those individuals who die by suicide Most often the focus is not on the motives for suicide nor on the phenomenology of this act but on what is found from small cohorts of suicidal individuals This book offers a tentative synthesis of a complex phenomenon and sheds some light on models of suicide that are less frequently encountered

in the literature Written by international experts it makes a valuable contribution to the field of suicidology that appeals to a wide readership from mental health professionals to researchers in suicidology and students Relating to Self-Harm and Suicide Stephen Briggs,Alessandra Lemma,William Crouch,2009-05-07 Alessandra Lemma Winner of the Levy Goldfarb Award for Child Psychoanalysis Relating to Self Harm and Suicide presents original studies and research from contemporary psychoanalysts therapists and academics focusing on the psychoanalytic understanding of suicide and self harm and how this can be applied to clinical work and policy This powerful critique of current thinking suggests that suicide and self harm must be understood as having meaning within interpersonal and intrapsychic relationships offering a new and more hopeful dimension for prevention and recovery Divided into three sections the book includes a theoretical overview examples of psychoanalytic practice with self harming and suicidal patients applications of psychoanalytic thinking to suicide and self harm prevention Relating to Self Harm and Suicide will be helpful to psychoanalytic therapists analysts and mental health professionals wanting to integrate psychoanalytic ideas into their work with self harmers and the suicidal This text will also be of use to academics and professionals involved in suicidal prevention Treating Suicidal Behavior M. David Rudd,Thomas E. Joiner,M. Hasan Rajab,2004-07-26 This manual provides an empirically supported approach to treating suicidality that is specifically tailored to todays 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 patients 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 table figures and sample handouts and forms some of which may be reproduced for professional use The mindsponge and BMF analytics for innovative thinking in social sciences and humanities Quan-Hoang Vuong,Minh-Hoang Nguyen,Viet-Phuong La,2022-10-10 Academia is a competitive environment Early Career Researchers ECRs are limited in experience and resources and especially need achievements to secure and expand their careers To help with these issues this book offers a new approach for conducting research using the combination of mindsponge innovative thinking and Bayesian analytics This is not just another analytics book 1 A new perspective on psychological processes Mindsponge is a novel approach for examining the human mind s information processing mechanism This conceptual framework is used to construct models in studies The framework is highly flexible and widely applicable for many different types of information processes The mindsponge approach can help researchers discover

interesting ideas or even formulate their very own theories when investigating psychosocial phenomena This approach brings a fresh wind to the current landscape of social sciences and humanities SSH 2 Easy to follow analysis protocol The Bayesian Mindsponge Framework BMF analytics is useful in terms of computing and visualizing power but also easy to learn and apply Contrary to being intimidating the Bayesian analytics section of this book is presented in a reader friendly manner with a detailed yet clear step by step procedure Examples are from published BMF articles allowing readers to immediately practice the method and quickly create their own applications With educational purposes in mind the book is very suitable for ECRs who are looking to innovate their research methods 3 Advocating for low cost high quality research Doing science can be very costly Mindsponge innovative thinking and BMF analytics help produce impactful studies using openly available data on online repositories This is based on the authors previous works and experiences The book presents examples of employing the open R package bayesvl on secondary data from different sources With less financial constraints researchers can have more freedom of thought to pursue their curiosity and creativity ECRs in low and middle income countries may find this aspect crucial in their careers 4 Support and collaboration The authors share their insights from experiences in the academic publishing system to help readers get through the processes of manuscript writing and peer reviewing more easily The authors are also ready to support other researchers with further inquiries and collaboration opportunities at the following website <https://mindsponge.info> This book is for a ECRs whose only abundant resources are their innovation capacity and strength of will b Researchers in SSH who want to explore a novel approach to thinking and study conducting c Low and middle income countries researchers looking for a cost effective research protocol and d Innovative thinkers who want to turn their interesting thoughts into good publications

THE "I" OF THE STORM David Lester, 2014-01-01 We cannot explain why people kill themselves There are no necessary or sufficient causes for suicide so rather than explaining suicide looking for causes perhaps we can understand suicide at least in one individual a phenomenological approach This book begins by examining the diaries from eight individuals who killed themselves Using qualitative analyses supplemented in some cases by quantitative analyses Lester seeks to uncover the unique thoughts and feelings that led these individuals to take their own lives Lester has also studied suicide notes the poems of those who died by suicide both famous poets and unpublished poets the letters written by suicides blogs and twitter feeds and one tape recording of a young man who killed himself just an hour or so after he recorded the tape This book will give you insights into the I of the storm the suicidal mind David Lester has PhD s from Cambridge University UK and Brandeis University USA He is a former President of the International Association for Suicide Prevention and a leading scholar on suicide murder the fear of death and other topics and thanatology

When the Humor Is Gone James Bean, 2013-08-06 In the spring of 2004 James Bean faced a failed marriage the death of his father and a floundering career in comedy with no one to talk to He began visualizing a world without him and planned the details of his suicide The world would go on and he would become a statistic particularly in Las

Vegas where the suicide rate is uncommonly high Minutes before taking his life however Bean realized his life had been an incredible journey and he thought seriously of his love for his five year old daughter In When the Humor Is Gone Bean shares an honest and inspiring look at suicide as he recounts his brush with death and recalls how he was able to move past his suicidal thoughts Through his experiences with depression and suicide and the recollections of others who have endured the suicidal death of a loved one Bean offers advice for getting therapy obtaining family support and finding purpose and meaning in life When the Humor Is Gone presents Beans love letter to the worldhis legacy of care hope and empathy for those who are living under the gripping vice of depression

Suicidal Mind Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has be evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Suicidal Mind**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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