

Abstract for plenary speaker Katherine Shear

Complicated Grief Treatment For Suicide Survivors

Suicide is a serious mental health problem for suicide attempters and also for those left in the aftermath of a successful attempt. These affected survivors constitute a large mental health problem as their suffering can be intense and prolonged and their numbers are large. Especially troubling aspects of the circumstances or consequences of a suicide can plague survivors and complicate the healing process. About twice as many suicide- as other-bereaved people develop complicated grief, a chronic debilitating condition now included in ICD11 and DSM5.

Complicated grief treatment is a 16-session targeted psychotherapeutic approach that utilizes strategies and techniques from CBT, Interpersonal Psychotherapy, and Motivational Interviewing to address grief complications and to facilitate the natural healing process. This presentation will provide an introduction to complicated grief and its treatment in suicide survivors. Preliminary data from our AFSP-funded project will be included.

Topic:

08. Psychological factors

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