



Building Professional Excellence- Part 4
Session 2: Suicide Grief: The Ultimate Rejection

Webinar Follow-up Question and Answer Session with Dr. Mary Jones.

1. Question from Andrea Westkamp

Are there less suicides among people who believe in God?

Answer

Not that I am aware of.

2. Question from Anonymous

Is there validity to link between higher rates of suicide and geographical elevation? The higher elevations and greater rates?

Answer

I have never seen a geography breakdown. I know Az. And Texas have highest rates due to aging population there.

3. Question from Laura Hodges

Who is the author she just mentioned?

Answer

Therese Rando

4. Question from Stephany Del Re'

How do you help someone who has lost a child to suicide and tells everyone that the child died of a disease?

Answer

Refer them to a good grief counselor if they want to go. It may be the only way they can cope at this time, to tell a lie.

5. Question from Courtney Koch

Do you have any ideas for a survivor who was not present for the death, but is having nightmares of the death or of finding the loved one?

Answer

Nightmares after suicide are very common and usually involve finding or joining the deceased. I would recommend intentional dreaming where they tell themselves how they want the dreams to go (or end) right before they go to sleep. I had great success with a client doing this. Also, they can journal the dream and write different, better versions or endings. Seek out a good therapist who knows about suicide grief.



6. Question from Elzbieta Wojnarowska

Do you think that survivors of suicide are more likely to attempt or complete suicide than other individuals?

Answer

Yes, they are 6-10 times more likely to consider or attempt suicide.

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