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# HOSPITALIZATION AS LAST RESORT: A POSTURE OF COMPETENCE & COMPASSION WHEN TREATING SUICIDALITY

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# ABOUT ME

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# DISCLAIMERS

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LAST RESORT  ANTI-HOSPITALIZATION

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## DISCUSSION:



What positive experiences have clients reported from hospitalization?



What negative experiences have clients reported from hospitalization?

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WHAT ARE  
CLINICAL "TRIP  
WIRES" THAT  
PROVOKE YOU TO  
HOSPITALIZE?

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# NAMING THE TENSION

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# UNDERSTANDING “HOSPITALIZATION AS LAST RESORT.”

- **Posture** of approaching the topic of suicide when suicidal clients.
    - Characteristics of the counselor supported effective tools for treating suicidality.
  - **Rational** for this posture:
    - Regulation of the therapist.
    - Empowerment of the client.
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VOICE

## A Suicide Therapist's Secret Past

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## TWO CONCEPTS AS FOUNDATION: RADICAL ACCEPTANCE & MULTIPLICITY



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# CHARACTERISTIC #1: HONESTY

- Naming the limits of confidentiality in your informed consent.
  - Clarify what it means to break confidentiality regarding suicidality.
- Describing your scope of practice.
  - Chronic versus acute suicidality.

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## CHARACTERISTIC #2: WISDOM

- No shame regarding “suicide anxiety” or any other counter-transference.
- Knowing when to hospitalize
- Switch “better safe than sorry” to “For whom is this better?” (Feedenthal, 2018)
- Use tools such as PHQ-10, CSSRS, or the ASQ.

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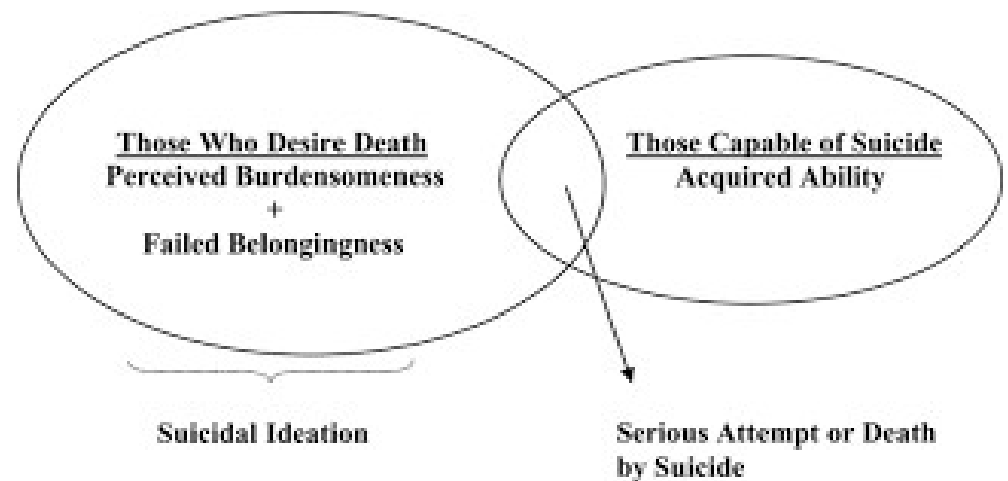
## CHARACTERISTIC #3: COLLABORATION

- Teaching the client to become their own “suicidologist” (Jobes, 2023).
- Five Drivers:
  - Psychological pain
  - Stress
  - Agitation
  - Hopelessness
  - Self-Hate
- “Join” with the suicidal client.

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# CHARACTERISTIC #4: CREATIVITY

- Safety Planning
  - Teaching Coping Skills
  - Cultivating Connection
  - Lethal Means Counseling





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## CHARACTERISTIC #5: HOPE

- The therapeutic relationship – all parts are welcome!
  - Highlight strengths
  - Incorporate a “hope kit.”
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## CHARACTERISTIC #6: GRACE

- The importance of self-compassion.
  - Allowance of mistakes.
  - Build and maintain community.
  - Reframing documentation
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# A WORD OF APPRECIATION

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**QUESTIONS OR COMMENTS?**

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