

HELPING CLIENTS
MANAGE
SUICIDALITY AND
SELF-HARM

ART THERAPY AND DEPRESSION

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Depression is complex

CYCLICAL

Major Depressive Disorder

Borderline Personality Disorder

Bipolar

SITUATIONAL

Grief/ loss

Trauma response

Overwhelming circumstances



Assessing depression and suicide risk

- Hopeless
- Helpless
- Worthless
- Guilt/ Shame
- Feeling like a burden to others

Passive/ Active suicidality

When to refer to the hospital

Plan

Access

Intent

How is self-harm different?

An intentional way of putting one's self in harm's way without the intention of ending their life

Physical pain is easier to understand than emotional pain

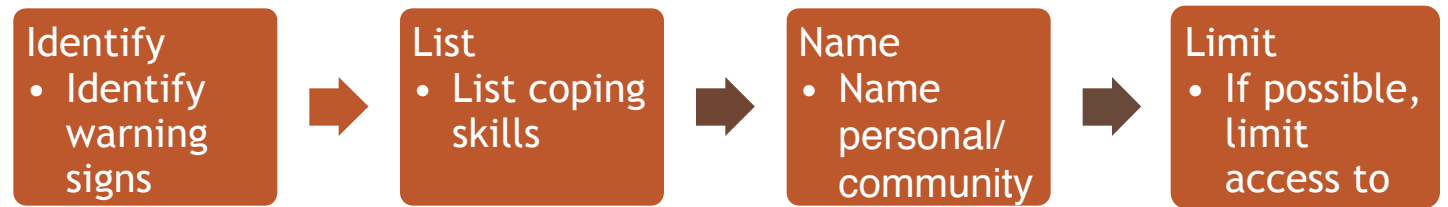
Brings one out of numbness

Ability to have control over pain

Grounding technique, causes people to be present

Offers positive and negative reinforcement

Safety Planning



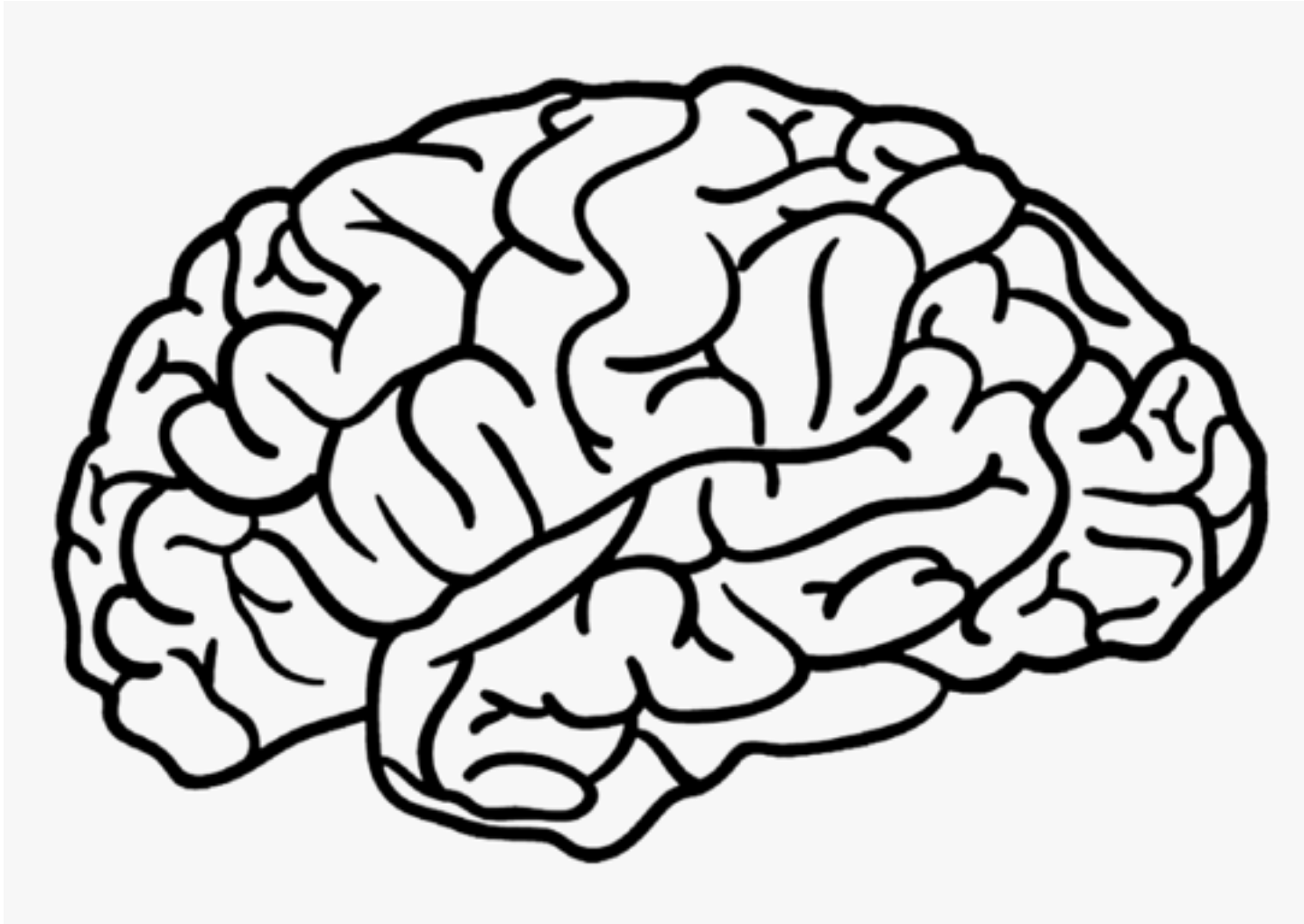
Mapping Tool

Concerns

What is going well

What needs to happen





Learning
about the
client's
experience

HELPING CLIENTS
HAVE A BETTER
UNDERSTANDING
OF THEIR
EXPERIENCES

Increasing
awareness

Research Based Modalities

DBT

Dialectical Behavioral Therapy

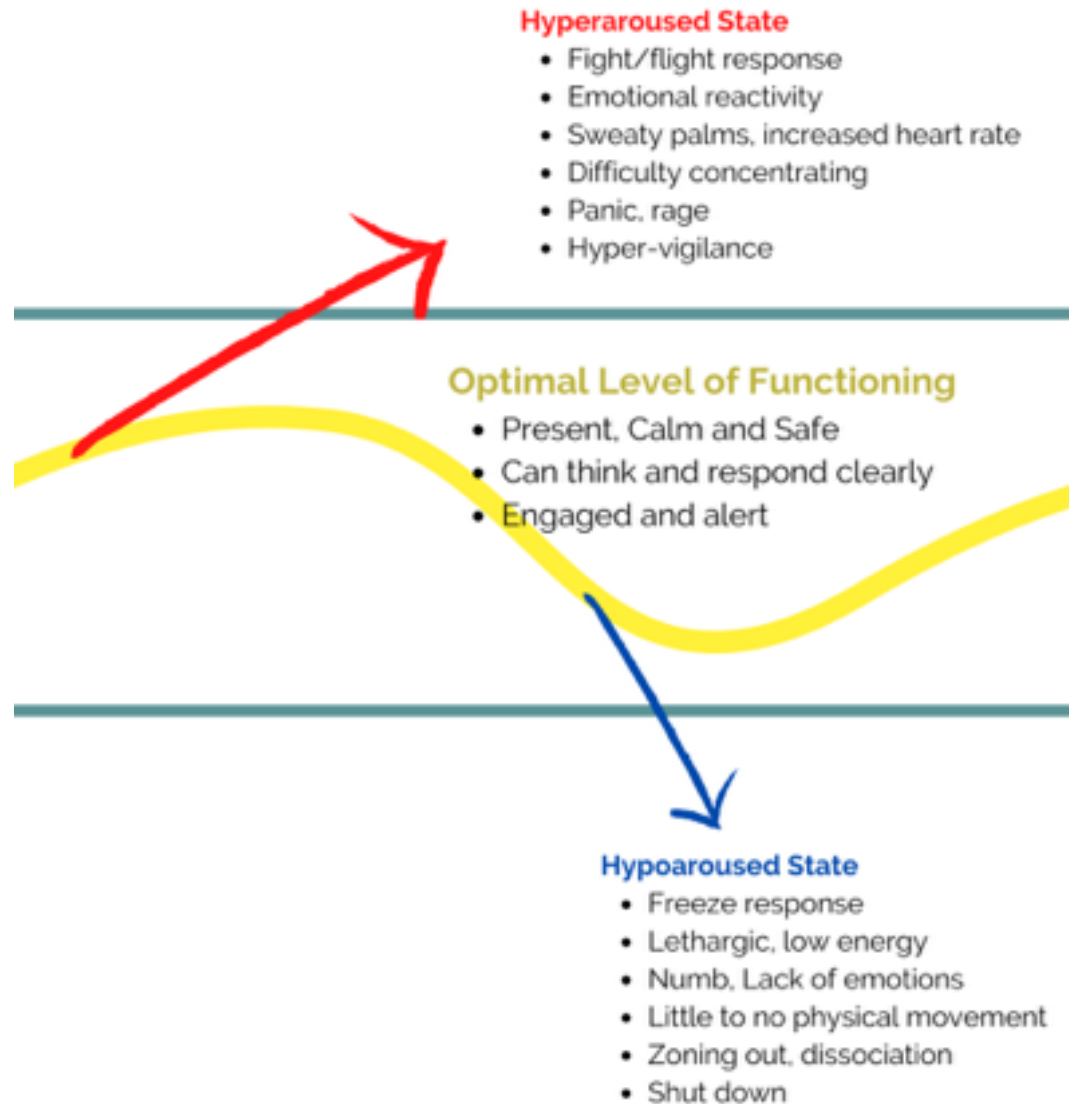
- Managing emotions
- Coping with intense experiences
- Healthy relationships

EMDR

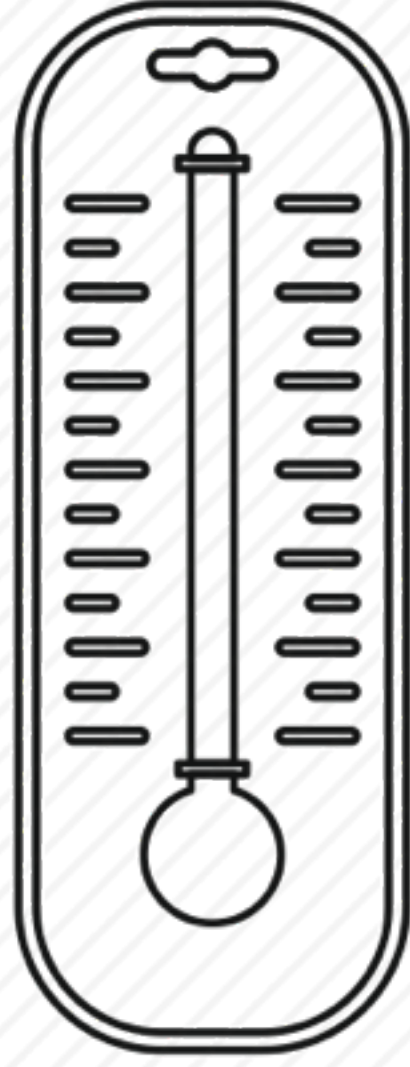
Eye Movement Desensitization
Reprocessing

- Targets negative cognitions
- Process traumatic events
- Decrease triggers

Window of Tolerance



Dan Siegel

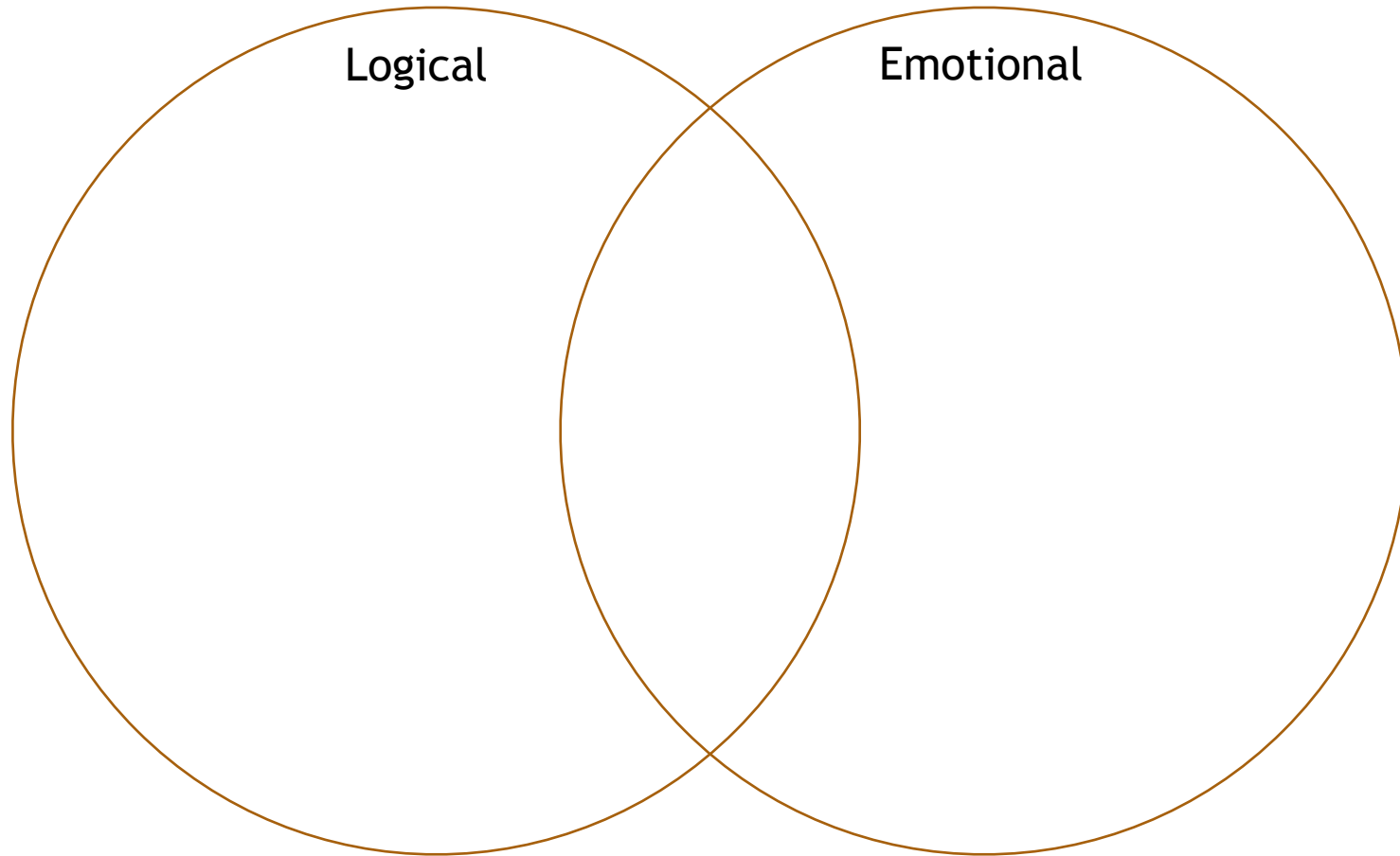


Setting realistic goals

1

10

Venn Diagram





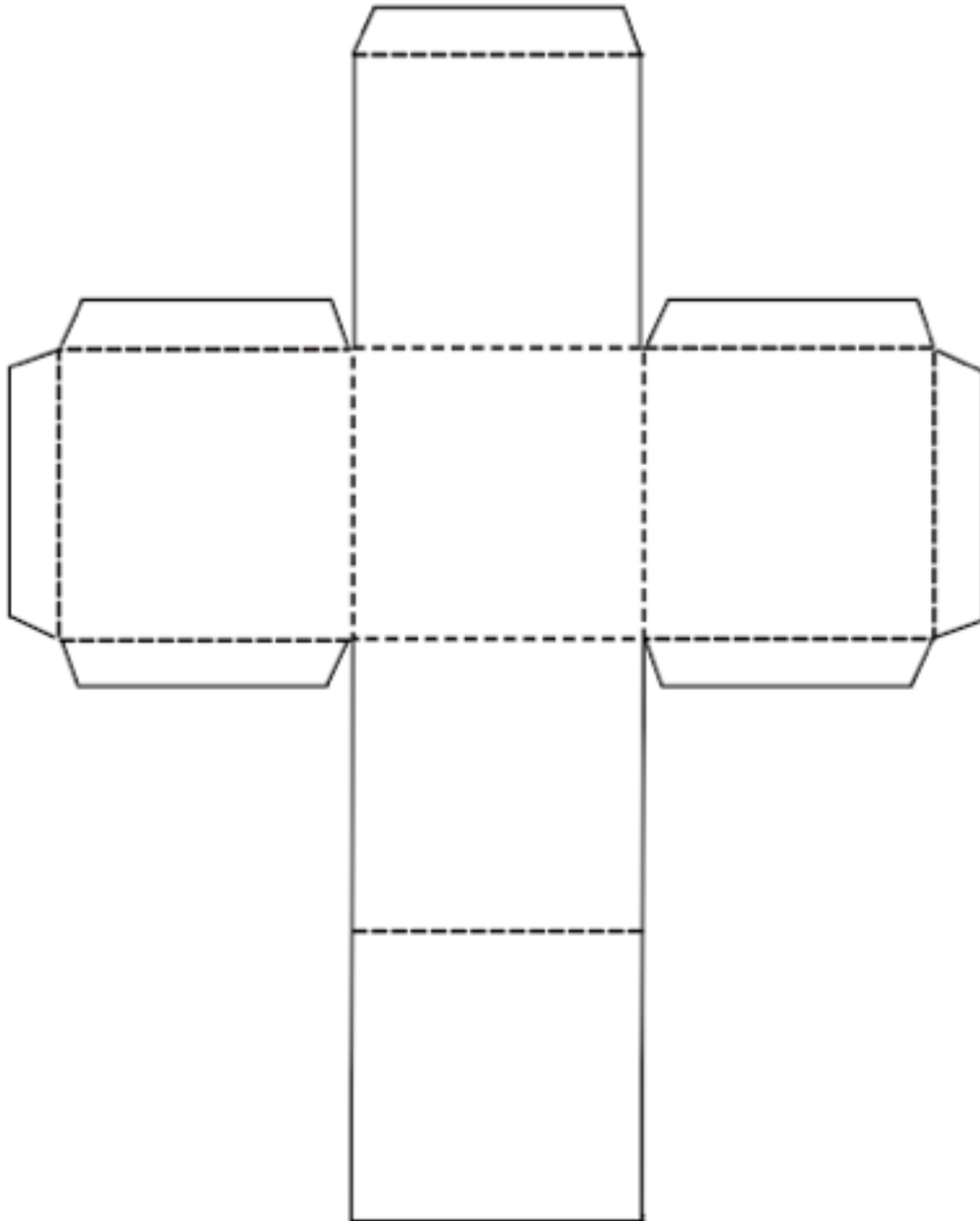
Doing Something
Different

Adding and Replacing Coping Skills



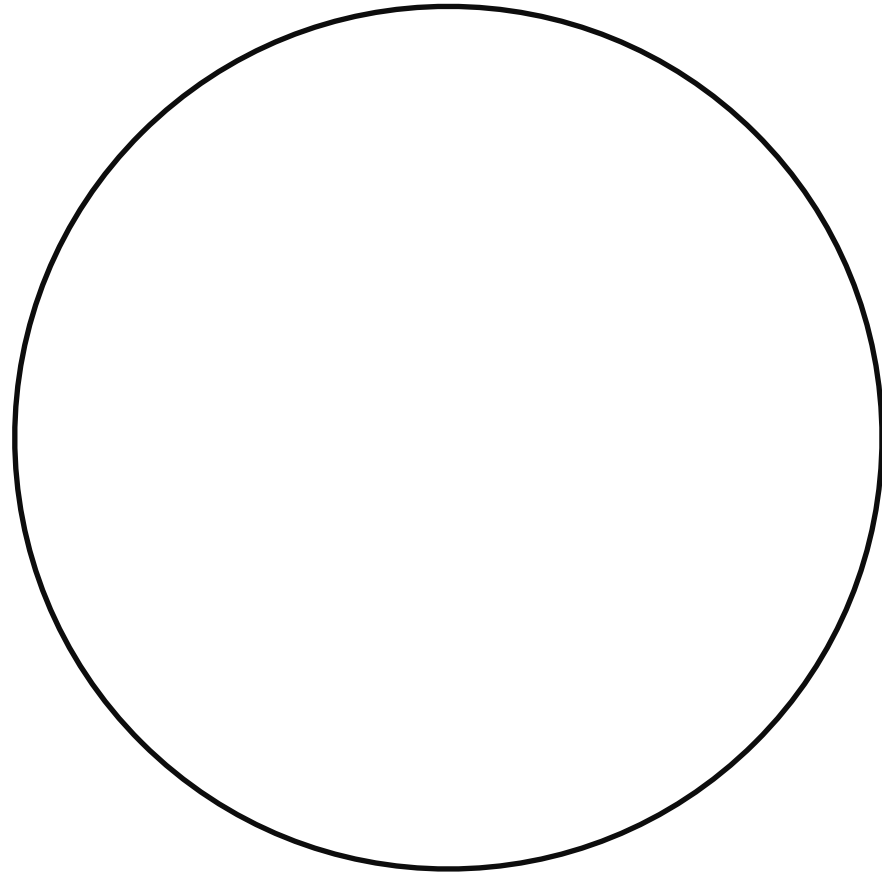
Cube Pattern

Cut on solid lines - Fold on dashed lines



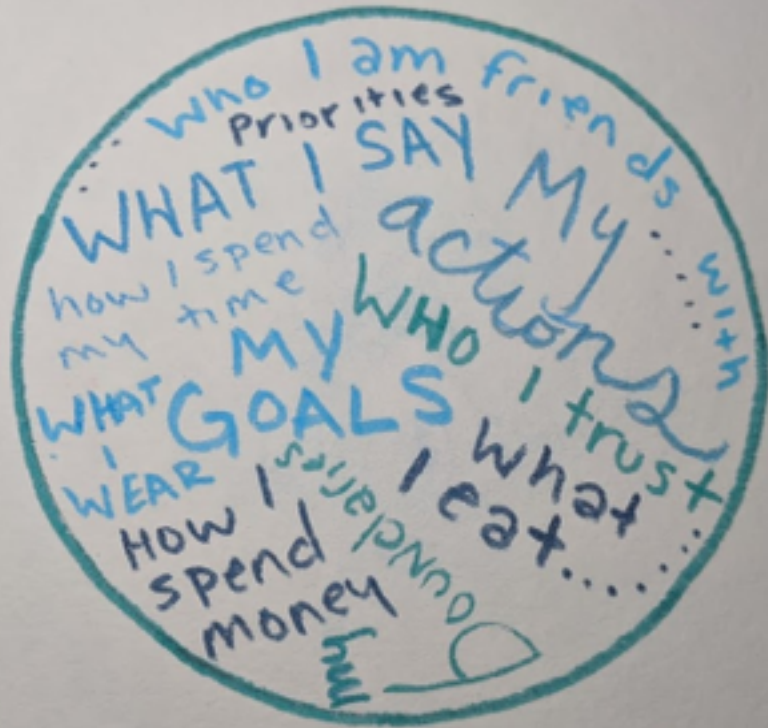
Coping Skill Dice

Exploring helplessness



my Past

MY FAMILY WHAT OTHER PEOPLE THINK



How others treat me

Other People's actions

School



Mindfulness

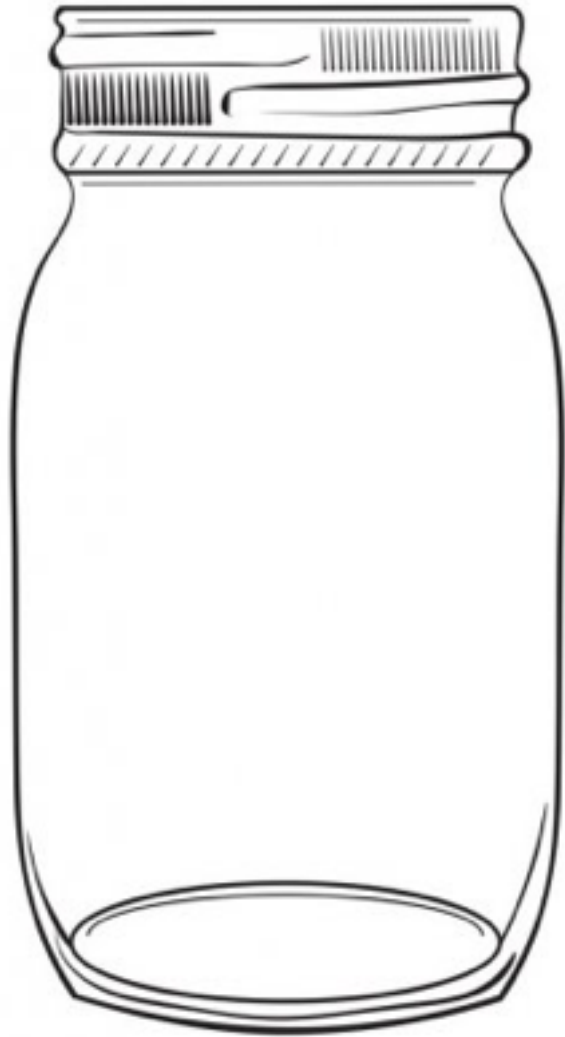
Other Mindfulness Directives

Polymer clay worry stones

Mindfulness jars

Repetitive designs

Making art outside



Improving Self Worth

Practice self-gratitude

Fill with worthy attributes about self

Include activities that make client feel worthy

Assessment and Safety Planning Resources

Suicide Assessment Tools

The Columbia Lighthouse Project

<https://cssrs.columbia.edu/>

National Institute of Mental Health

<https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials/index.shtml>

Safety Planning Resources

<http://www.suicidesafetyplan.com/>

Resources

Fereidouni, Z., Behnammoghadam, M., Jahanfar, A., & Dehghan, A. (2019). The Effect of Eye Movement Desensitization and Reprocessing (EMDR) on the severity of suicidal thoughts in patients with major depressive disorder: a randomized controlled trial. *Neuropsychiatric disease and treatment*, 15, 2459-2466. <https://doi.org/10.2147/NDT.S210757>

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Linehan MM, Armstrong HE, Suarez A, Allmon D, Heard HL. Cognitive-behavioral treatment of chronically parasuicidal borderline patients. *Arch Gen Psychiatry*. 1991;48(12):1060-1064.

Stanley B, Brown GK, Brenner LA, et al. Comparison of the Safety Planning Intervention With Follow-up vs Usual Care of Suicidal Patients Treated in the Emergency Department. *JAMA Psychiatry*. 2018;75(9):894-900. doi:10.1001/jamapsychiatry.2018.1776