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ABSTRACT

According to Kleespies (2000), a client's behavioural crisis is a condition in which a client has reached a state of mind in which his or her usual coping mechanisms are inadequate to restore equilibrium or to allow him or her to go on functioning in an adaptive way. A crisis may be a turning point for better or worse, but it necessarily does not lead to danger of serious physical harm or life-threatening danger.

A behavioural emergency will be taken to mean that a client has reached an acute mental state in which he or she is at imminent risk of behaving in a way that will result in serious harm or death of self unless there is some immediate intervention (Kleespies, 2000).

Psychotherapists' work with suicidal clients seems to be placing huge demands on them, particularly on the emotional level, and there are anxieties which are felt when working with suicidal clients.

The focus of this research study is on the exploration of the experiences of psychotherapists (qualified or trainees), in working with suicidal clients. Regarding work with suicidal clients, this research study is coming from a slightly different angle as it seeks to attend to therapists' feelings regarding working with clients with suicidal feelings and behaviour.

For the purposes of exploration of this study, semi-structured interviews, with the assistance of a tape recorder, were conducted with respondents in order to gather information. These individual interviews were then transcribed, and the typed data was then analysed using the content analysis method of analysing data, according to Weber (1985). This also allowed for common themes, as identified in the interviews, to be obtained and they formed the results of this study.

The results indicated a number of themes which emerged, and the researcher decided on selecting and discussing the major themes. There were a variety of themes found as the participants had described how they emotionally experienced working with suicidal clients, and on how they felt the emotional, personal and professional demands of the nature of this work.

OPSOMMING

Volgens Kleespies (2000) is 'n klient se gedrags krisis 'n toestand waarin die kliënt 'n staat van bewussyn bereik, waarin die gewone hanterings meganismes onvoldoende is om ekwilibrium te bereik (òf om die kliënt toe te laat om toepaslik te funksioneer).

'n Krisis kan 'n keerpunt, ten goede òf ten kwade, teweegbring sonder om noodwendig fisieke benadeling óf lewensbedreigende gedrag tot gevolg te hê. 'n Gedrags krisis is daarenteen, word verstaan as daardie akute staat van bewussyn waar die individu wél in gevaar is om selfdestrukties op te tree, tensy daar onmiddellike intervensie is (Kleespies, 2000).

Psigoterapeute se werk met kliënte wat selfmoord neigings het, plaas noodgewonge geweldige druk, veral emotioneel, op hulle. Die fokus van hierdie navorsingstudie val op die eksplorاسie van psigoterapeute (in opleiding of gekwalifiseerd) se ervaring van kliënte wat selfmoord neigings het.

Die studie se klem is dus anders in die opsig dat dit eerder oor die terapeut as die kliënt gaan. Die terapeut se gevoedens en emosies in reaksie tot sekere kliënte (in die studie kliente met selfmoord ideases en gedrag) word dus bestudeer).

Vir die dael van eksplorاسies in hierdie studie is semi-gestruktueerde onderhoude met respondente gevoer.

Alle individuele onderhoude is opgeneem met behulp van bandopnemers, getranskribeer en geanaliseer volgens die inhoud-analise metodiek (Weber, 1985). Laasgenoemde metodiek het dit moontlik gemaak om algemene temas te identifiseer wat die resultate van hierdie studie gevorm het.

'n Verkeidenheid temas is by terapeute gevind respons op die uitdagende emosionele en professionele aard van werk met selfmoordneigings onder kliënte. Die resultate het verskeie algemere temas opgelewer waarvan die belangrikste bespreek word.

TABLE OF CONTENTS

Acknowledgements	i
Abstract	ii
Opsomming	iii
Table of Contents	iv
List of Tables	x

CHAPTER	PAGE
----------------	-------------

CHAPTER 1

1.1 Introduction	1
1.2 A definition of suicide	2
1.3 Methods and ways of committing suicide	3
1.4 Aim of the Study	3
1.5 Rationale	3
1.6 Format of the Study	4



CHAPTER 2: LITERATURE REVIEW

2.1 Introduction	5
2.2 Therapists' exposure to suicidal clients	6
2.3 A suicidal person: an overview	7
2.3.1 Acknowledgement of the psychological pain and suffering	7
2.3.2 The cognitive state of a suicidal person	9
2.4 Working therapeutically with a suicidal person: the length a therapist can go	10

2.5	Therapists' avoidance of the suicide topic	11
2.6	Working with a suicidal client: the possibility of emotional damage to the therapist	12
2.7	Are student/trainee therapists protected from the impact of a client suicide?	12
2.8	Impact of stress higher for student/trainee therapists than for professional therapists	14
2.9	The personal and professional impact	15
2.9.1	Impact on counsellors	16
2.10	Therapists' perceptions of suicidal clients: a psychodynamic approach	16
2.10.1	Suicidal trigger	19
2.10.2	Invasion/engulfment and abandonment	19
2.10.3	Rage	19
2.10.4	Differences between men and women	20
2.11	A systems approach	20
2.11.1	The family is a system with boundaries, and is organised into subsystems	21
2.11.2	The boundary around the family sets it apart from the wider social system, of which it is one subsystem	21
2.11.3	The boundary around the family must be semipermeable to ensure adaptation and survival	22
2.11.4	Family member, and each family subsystem, is determined by the pattern of interactions that connects all family members	22
2.11.5	Patterns of family interaction are rule governed and recursive	22
2.11.6	Because these patterns are of the form 'A leads to B leads to C leads to A'	22
2.11.7	Within family systems there are processes which both prevent and promote change	23

2.11.8	Within a family system one member - the identified patient - may develop problematic behaviour when the family lack the resources for morphogenesis	24
2.11.9	Negative feedback, or deviation-reducing feedback, maintains homeostasis and subserves morphostasis	24
2.12	The emotional impact of a suicidal client on a therapist	25
2.13	Therapists' anxieties in working with suicidal clients	25
2.14	Therapists' feelings and experiences in working with suicidal clients	26
2.15	Suicidal person's way of communicating in therapy: projective identifications	28
2.15.1	A Developmental view/perspective	28
2.15.2	The suicidal client in therapy	29
2.15.3	Suicidal clients' use of projective identification	30
2.15.4	Narcissistic injury to the therapist	32
2.15.5	The effect on the psychotherapist	33
2.15.6	Attacks on the therapy: some countertransference aspects	34
2.16	Conclusion	35

CHAPTER 3: METHODOLOGY OF THE STUDY

3.1	Methodology of the study	37
3.1.1	Introduction	37
3.1.2	Sampling	38
3.1.2.1	Method of Sampling	38
3.1.2.2	Procedure	38
3.1.3	Participants	39
3.1.3.1	Information on the obtained participants	39
3.1.4	Method of Gathering Data	40
3.1.4.1	The semi-structured interview	41

3.1.4.2 The Interview Schedule	42
3.1.5 Method of Data Analysis	42

CHAPTER 4: RESULTS OF CONTENT ANALYSIS

4.1 Introduction	44
4.2 The process of data analysis	44
4.3 Themes that emerged from the interviews	48
4.3.1 Suicidality because of depression	49
4.3.2 Suicidality because of a personality disorder, for example, borderline personality disorder	49
4.3.3 Suicidal client found by therapist to be desperate	49
4.3.4 Suicide attempt as not really wanting to die, but something else, such as a way of coping or of seeking attention	50
4.3.5 Suicide attempt as an attempt to communicate something to others, or as a need to be heard	50
4.3.6 Suicidal client perceived to be angry	51
4.3.7 Therapist's feelings of professional liability	51
4.3.8 Therapist's feelings of being manipulated by client	52
4.3.9 Therapist's feelings of being personally invaded and engulfed by suicidal client	53
4.3.10 Therapist's feelings of being rejected by suicidal client	53
4.3.11 Therapist's feelings of exhaustion/tiredness	54
4.3.12 Desensitisation and bluntness as emotional impact in working with suicidal clients	54
4.3.13 Therapist's feelings of anger as a result of client's suicide attempt	55
4.3.14 Therapist as providing with psycho-education or coping skills to suicide attempting client	56
4.4 Conclusion	56

CHAPTER 5: DISCUSSION OF RESULTS AND CONCLUSION OF THE STUDY

5.1	Introduction	57
5.2	A discussion of themes	58
5.2.1	Suicidality because of depression	58
5.2.2	Suicidality because of a personality disorder, for example, borderline personality disorder	59
5.2.3	Suicidal client found by therapist to be desperate	60
5.2.4	Suicide attempt as not really wanting to die, but something else, such as a way of coping or of seeking attention	61
5.2.5	Suicide attempt as an attempt to communicate something to others, or as a need to be heard	62
5.2.6	Suicidal client perceived to be angry	62
5.2.7	Therapist's feelings of professional liability	63
5.2.8	Therapist's feelings of being manipulated by client	65
5.2.9	Therapist's feelings of being personally invaded and engulfed by suicidal client	66
5.2.10	Therapist's feelings of being rejected by suicidal client	66
5.2.11	Therapist's feelings of exhaustion/tiredness	68
5.2.12	Desensitisation and bluntness as emotional impact in working with suicidal clients	69
5.2.13	Therapist's feelings of anger as a result of a client's suicide attempt	70
5.2.14	Therapist as providing with psycho-education or coping skills to suicide attempting client	71
5.3	Conclusion	72
5.4	Limitations of this study	73
5.4.1	Shortcomings	73
5.4.2	Strengths	73
5.4.3	Recommendations for future research	74

REFERENCES		75
APPENDIX A	Interview Schedule, Therapist Consent Form and Letter of Permission	82
APPENDIX B	Transcribed Interviews	85



List of Tables

Table of Codes, Categories and Frequencies	45
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