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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.

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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 selfdestruktief op te tree, tensy daar onmiddellike intervensie is (Kleespies, 2000).

Psigoterapeute se werk met kliënte wat selfmoord neigings het, plaas noodgewonge gewildige druk, veral emotioneel, op hulle. Die fokus van hierdie navorsingstudie val op die eksplorasie 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 ideasies en gedrag) word dus bestudeer).

Vir die dael van eksplorasies 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 proffesionele aard van werk met selfmoordneigings onder kliënte. Die resulte het verskeie algemere temas opgelewer waarvan die belangrikste bespreek word.

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