2.6 NU7406: Suicide, Suicidal Behaviour and Self-harm (Elective Module)

Module Leaders
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Additional Lecturers
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ECTS
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Pre-requisite
Undergraduate Study

Rationale and Aims

This module was developed in response to the increase in suicide, suicidal behaviour and self-harm in Ireland over the past two decades. It endeavours to provide key professionals with the knowledge and skills to effectively work with clients experiencing suicidal thoughts and engaging in suicidal behaviour and self-harm across the lifespan, in a range of settings. The principles and strategies of suicide prevention, risk assessment and management will underpin this module. The aims of the module are:

• To equip professionals from a range of settings with the core knowledge and skills to provide the appropriate assessment and management of clients experiencing suicidal thoughts and engaging in suicidal and self-harming behaviour.
• To equip participants with the knowledge and skills to incorporate suicide prevention strategies within their professional role.

Module Content

Explanatory frameworks for suicide, suicidal behaviour and self-harm
- Biological models
- Psychological models
- Social/cultural models
- Contributory factors

Suicide Awareness
- Demographics and epidemiology of suicide, suicidal behaviour and self-harm.
- Particular ‘at risk’ groups.
- Suicide and suicidal behaviour across the lifespan.
- Key concepts of suicide prevention
- Postvention; suicide bereavement

Working with clients experiencing suicidal thoughts and/or engaging in suicidal and self-harming behaviour
- Suicide risk assessment skills
- Characteristics of suicidal thought and behaviour.
- Crisis intervention: hospital, voluntary (Samaritans/listeners),
- Principles of engagement and intervention.
- Maximising therapeutic outcome.
- Understanding and resounding to self-harm.

Learning Outcomes

On successful completion of this module, students should be able to:
• Critically analyse the demographics and epidemiology of suicide, suicidal/self-harming behaviour.
• Critically discuss explanatory frameworks for suicide and suicidal/self-harming behaviour.
• Critically appraise the use of risk assessment skills to identify people at risk of suicidal behaviour.
• Critically discuss the principles of therapeutic engagement with clients experiencing suicidal thoughts and behaviours.
• Critically discuss therapeutic responses to self-harm.

**Methods of Teaching and Student Learning:** Lectures, class discussion, group work.

**Methods of Assessment**

| Essay | 3,000 words | **Weighting - 100%** |

**Contact Hours**

| Direct Contact: Class and Online | 30 |
| Assessment Student Effort | 25 |
| Specified Activities | |
| Self-Directed Learning | 145 |
| **Total Hours** | **200** |

**Indicative Resources** – more detailed lists may be provided by module lecturers


Departments of Public Health (2001) Suicide in Ireland: A National Study


