

Suicide Bereavement Care for Facilitating Transformation



Project BLESS

[釋心同行-自殺者親友支援計劃]



For every suicide death a minimum of six individuals are deeply affected by this traumatic event.

[Shneidman, 1969]



Suicidal Grief

[American Association of Suicidology, 2007]

- ❖ Shock
- ❖ Anger
- ❖ Denial
- ❖ Numbness
- ❖ Depression
- ❖ Sadness
- ❖ Guilt
- ❖ Self-blame
- ❖ Shame <-> Stigma
- ❖ Abandonment
- ❖ Rejection
- ❖ Loneliness
- ❖ Anxiety
- ❖ Relief
- ❖ Helplessness
- ❖ Despair / Hopelessness
- ❖ Disbelief
- ❖ Confusion
- ❖ The searching for understanding
- ❖ Stress
- ❖ Pain
- ❖ Family secret



Acute grief stage



"My feelings are mixed-up... It's chaotic. I feel angry, guilt after the death of my father."

**Transformation
(1.5 years later)**



"This mixed feelings represent peaceful and joyful. It's full of love and energy... I've many plans in my mind."

a 25-year-old daughter.

Healing Power

- 1) Professional support (individual counseling)
- 2) Family support
- 3) Join mutual support group
- 4) Positive thinking

Acute grief stage

"How are you? You died and left 526 days. I was numbed, I hated myself and regretted that I failed to save you. I'm the murderer."

"My dearest, please forgive me."

~ a 35 years old wife

『遠在他方的你好嗎?我們分開了整整526天了……』

從推開門的一刻，我已經沒有了思想，心像挖空了似的。我恨我自己，為什麼只隔一扇門就救不了你?我後悔，我覺得自己是殺人兇手。

老公，我請求你原諒我。』

(摘自[一路好走-自殺者親友的哀傷歷程])

Transformation (3 years later)



My Tree of Life

-Reconstruct the meaning of life :

- 1) to be a responsible mother
- 2) to enjoy a healthy life style (reading, maintain social networks etc.)
- 3) to have positive thinking
- 4) with religious support

-Become a volunteer to support the bereaved at acute grief stage

Healing Power

- 1) Power of love from her children
- 2) Professional support (individual counseling)
- 3) Join mutual support group
- 4) Positive thinking
- 5) Religious support

"Mama, I love you."

A 6 years old daughter



Continuing Bonds



5th Anniversary 五週年紀念日:

*In retrospect, I was shock and missed the chance to say goodbye to you 5 years ago...However, **You inspired me to think about what is life & how to live.** I really **thanked you** for teaching me such a meaningful lesson.*

回想五年前，沒機會跟你道別，被你的死亡所驚嚇，未能在安息禮中獻上所選的詩歌……

未了的事感激你給我機會好好去處理、收藏它們…今天，我見到你平靜地離去，我的聯繫不多，我想過去了的真的過去了。

反之，你啟發我去思考如何面對[生]:生存、在生的人、生活，這是你這一年刺激我去反省的，多謝你讓我上了這寶貴的一課，在短短的告別中，我內心向你致敬。

Francis

(摘自[一路好走-自殺者親友的哀傷歷程])

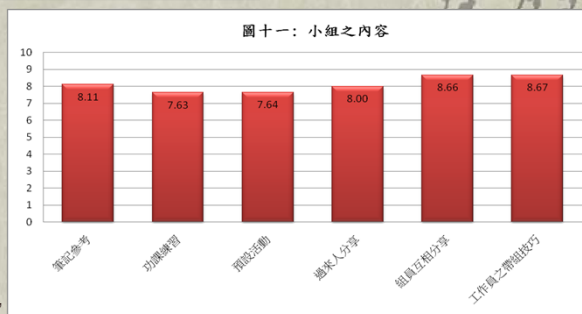
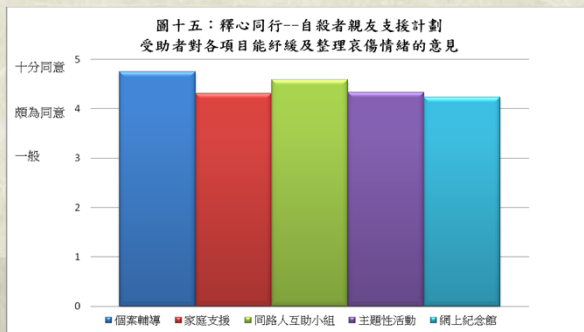
It's a destiny.
We need
to face life and death
issues though we
don't want to.

Nothing but
**cherishing the
present**
is important.

~A 13 years old
daughter







Research conducted by Dr.Amy Chow, HKU (2010)

機構簡介



成立於1995年

致力向有自殺傾向、感到絕望及有情緒困擾的人士提供
*益友及其他預防自殺服務，使他們情緒得以紓緩，從而積極面對人生。此外，我們希望提高公眾對自殺的認識，並尋求預防自殺的有效方法。

*益友概念：以陪伴及開放的態度了解當事人的困擾，在「不指責」和「非批判」的環境下「用心聆聽」

服務範疇



24小時預防自殺熱線服務

生命熱線: 2382 0000

珍愛生命長者熱線: 2382 0881

[生命共行--外展長者服務] [查詢:2382 2007]

~服務對象:情緒受困或有自殺危機的長者

~服務內容:安排義工定期探訪及電話慰問,提供情緒上的支持,降低自殺風險。有需要作專業轉介

[釋心同行--自殺者親友支援計劃] [查詢:2382 2737]

~服務對象:自殺離世者親友

社區教育活動

網址: www.sps.org.hk

[中銀情緒健康支援網絡]

服務範疇



[釋心同行--自殺者親友支援計劃] [查詢:2382 2737]

~服務對象:自殺離世者親友

~服務內容: 1/ 個人或家庭支援服務

2/ [釋心同行]同路人互助小組

3/ [釋心同行]義工隊

4/ 自殺者親友網上紀念館



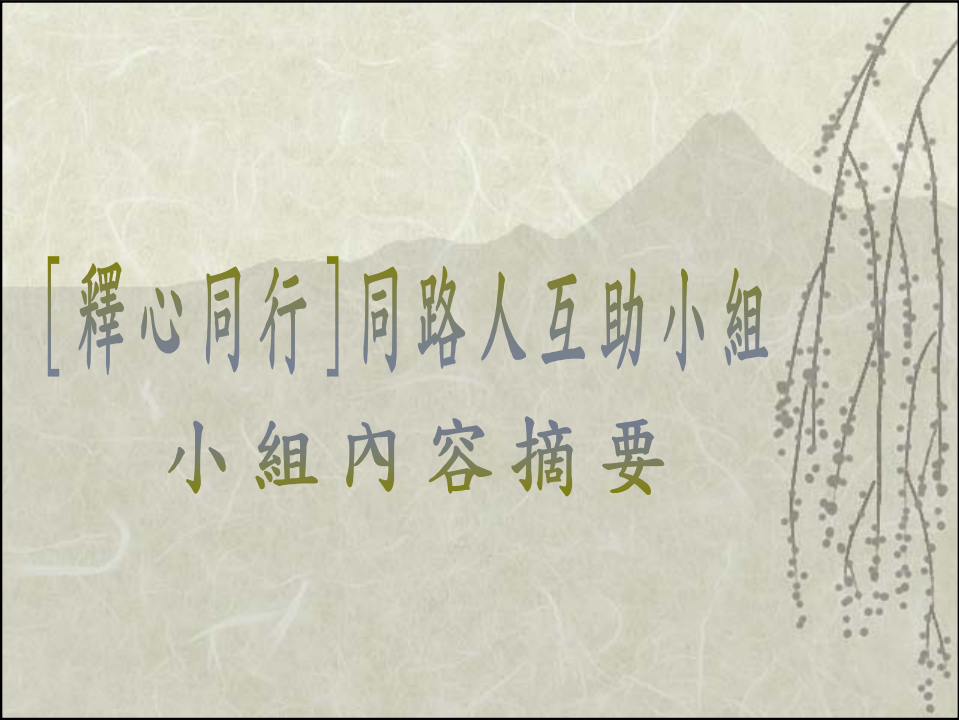
[寬心--情緒健康支援服務]

~服務對象:情緒受困擾者及其家人

~服務內容: 1/ 講座/工作坊

2/ [與鬱同行-同路人互助小組] ~抑鬱症患者照顧者

3/ 社區教育: [譜出生命力]展覽



[釋心同行]同路人互助小組 小組內容摘要

基本資料

第一至八節之內容進程是參照 Rando, T. '6 "R" Processes of Mourning' 之喪親歷程來編排

- ~ 第一至三節: 即 1st "R" [Recognise the loss] & 2nd "R" [React to the separation];
- ~ 第四及五節: 即 3rd "R" [Recollect and reexperience the deceased & the relationship];
- ~ 第六至七節: 即 4th & 5th "R" [Relinquish the old attachments to the deceased & the old assumptive world] & [Readjust to move adaptively into the new world without forgetting the old])

**每節備有筆記及「功課」予組員參閱

**每節須由組員近況(time since)為小組之開始，再從中抽取重點延伸

節數	主題	內容	目標	運用方法/備註
一	同路人相見	~介紹小組:目的、形式、小組約書(contracting)、訂立規則(group norms)等 ~互相認識、述說參加小組之期望 ~關於自殺的基本資料	~互相認識、建立組員間之信任及培養凝聚力	讓~容讓組員有其個人空間及步伐 ~完結: 鬆弛練習
二	我的反應	~探索於親人自殺後,組員之身體及情緒反應	~讓組員抒發並使哀傷歷程「正常化」(normalization)	^留意劑量(dosage) ~完結: 鬆弛練習
三	猜,「情」,尋	~探討「點解」	~讓組員抒發並使哀傷歷程「正常化」(normalization)	^無須提供答案 ~完結: 鬆弛練習

節數	主題	內容	目標	運用方法/備註
四	未了心事	~抒發未了心事及「內疚」情緒	~讓組員嘗試處理未了心事	~利用寫信 ~完結: 鬆弛練習
五	回味往事	~分享與離世的親友之回憶片段	~整合與死者之關係 ~建立維繫(continuing bond)	~利用相片/物件
六	我是我	~探討親人自殺後的自我價值、別人的眼光	~減輕被標籤及重建個人自信心	
七	愛惜自己	~透過預設活動,重新感受自己的需要、享受活在當下的意義	~讓組員聆聽自己的內在需要及學會愛惜自己	
八	從心生活	~整合是次參與小組經驗 ~祝願(儀式)	~讓組員整合親友自殺後的喪親歷程 ~注入希望(instill hope)	

6 "R" Processes of Mourning [Rando, 1993]

1. **Recognize the loss** 確認死亡
2. **React to the separation** 作出情緒反應
3. **Recollect and re-experience the deceased & the relationship**
回憶和經歷逝者及關係
4. **Relinquish the old attachments to the deceased & the old assumptive world** 轉化與逝者舊有的聯繫及人生觀
5. **Readjust to move adaptively into the new world without forgetting the old** 適應喪親後的生活
6. **Reinvest** 重投生活

Is suicide bereavement different?

- 1/ **Thematic aspects of suicide bereavement** : [Jordan, 2001]
 - ~ ↑ feelings of responsibility & rejection
 - ~ Greater difficulty making sense of death
 - ~ Greater overall grief reactions
- 2/ **Social processes surrounding suicide survivors**
 - ~ they are viewed more -ve by others & by themselves [Worden, 1991; Ness & Pfeffer, 1990]
 - ~ Feel ↑ isolated & stigmatized
- 3/ **The impact of suicide on family systems**
 - ~ Creation of family secret -> affect family communication [Walsh & McGoldrick, 1991]
 - ~ ↑ risk for additional family suicide [Kety, 1990; Moscicki, 1995; Bertt, 1996; Roy, 1992; Samy, 1995]
 - *genetic factors & inheritable biological factor
 - *psychological & family system variables

Functioning level during bereavement

[Neimeyer, 1998]

