

Research informed content

The research evidence underpinning the content development of the 'Our Voice in Action' workshop is largely based upon the person-centred approach originally developed by Carl Rogers - a highly regarded humanist and psychoanalyst who developed this approach during the 1940 to 1960's. Of course, his theory has since been expanded on by many other theorists and psychoanalysts alike. However, this original work has become known as *The Rogerian Theory*, which is a nod to the importance of Rogers' seminal work. The person-centred approach is largely based on the premise that people are in fact their own experts in terms of what might be needed to achieve personal growth and fulfillment in life. Importantly, and specifically relating to the outcomes of this workshop, Rogers' person-centred theory is focussed on developing skills relating to relationships. This is summarised on *The Association for the Development of the Person Centred Approach* webpage in an article (Kirschenbaum, n.d.).

Carl Rogers' book, *On Becoming a Person : A Therapist's View of Psychotherapy* (Rogers & Ransom, 1961) presents a number of key concepts that are arguably fundamental and conducive to personal growth and fulfillment. For people with a lived experience of suicide these concepts can be helpful in striving for personal growth beyond and in spite of a person's own grief, loss and trauma. For example, in chapter eight, Rogers guides towards existential questions relating to the importance of finding one's own purpose in life. Many other person-centred concepts are explored during this workshop. These include the importance of having an environment that is filled with genuineness and openness which includes an ability for personal self-disclosure, acceptance, unconditional positive regard and empathy.

Another key component of the workshop focuses on understanding the power and potential for positive impact of stories and how they affect the human brain. This is essential information for lived experience people, as it helps highlight the deep and impactful importance of lived experience and why it is needed to contribute to all aspects of suicide prevention. To develop understanding about the power of stories, a number of sources are used. These include a TEDx Talk (*The Power of Telling Your Story | Dominic Colenso | TEDxVitoriaGasteiz - YouTube*, 2017) and Paul Zak's *The Future of Storytelling* (Zak, 2013).

In addition to the person-centred theoretical framework, concepts relating to stigma and language are also explored during the workshop. We have drawn upon existing published works (including reputable multimedia sources) in this area. In particular, the academic article *Why we shouldn't use the 'C' word* (Beaton et al., 2013) provides a sound evidence base for helping participants grasp concepts relating to stigmatising and safe language use when discussing suicide. Similarly, we have been able to draw upon much of the evidence created by EveryMind Australia.

To assist participants in understanding some concepts in relation to suicide prevention in Australia, we also draw upon guiding work from Black Dog Institute by including the LifeSpan model. This model is being used in Australia and is focussed on a systematic approach to suicide prevention. Additionally, we have also incorporated materials from Beyond Blue, including Beyond Blue's Warning Signs chart.