

Professional Skills Development Program
Webinar 1 – 20th August 2020
Presenters: Carrie Lumby and Martina McGrath

Considering the impacts of pathologising suicidal thoughts and attempts
 through a social justice lens

Synopsis

This webinar brought together research and thought leadership from a number of domains related to the lived experience of suicide. This includes understanding mental distress and mental health treatment through a social justice lens. The presenters have drawn on existing knowledge from the mental health consumer and systemic trauma survivor's movement including the principles of recovery-oriented practice, trauma-informed care, rights-based practice and employing a strengths-based model. The application of these principles and concepts are neither new, nor controversial and are not particularly radical. Well credentialed psychiatrists, psychologists, authors, academics and other leaders who are considered authorities on these topics have informed the webinar's content. The following resource and references, whilst not exhaustive, does include source material for the webinar and additional resources for those wanting to learn more.

The webinar included the following topics:

- Challenging the biomedical model
- The role of trauma in mental and emotional distress
- Compassionate approaches to understanding mental distress
- Creating a culturally safe environment
- Why language matters
- Developing a trauma-informed and culturally competent mindset

Handy tip on using this resource: Source material can either be accessed via the hyperlinked webpage or alternately full citations can be found in the reference list at the end of the resource.

Topic 1	Resources
<p>Challenging the biomedical model</p>	<p><i>The biomedical model of mental disorder: a critical analysis of its validity, utility, and effects on psychotherapy research</i> See reference list: (Deacon, 2013)</p> <p>Medium online article: Andre Ruiz, (2017): Against the Biomedical Model of Mental Illness</p> <p>Human rights abuses relating to psychiatric treatment Castan Centre for Human Rights Law Monash University Melbourne, <i>Submission to the Royal Commission into Victoria's Mental Health System July 2019</i> (Prepared by Eleanor Jenkin and Sally Shera-Jones): Website: Submission to the Royal Commission into Victoria's Mental Health System</p>



	<p><i>Preventing gender-based violence in mental health inpatient units</i> (Safety, 2020) <i>UN report on Australia being in contravention of the UN Declaration on the Rights of the Child</i> Website: UN Expresses Concern</p> <p>ABC online news story- <i>Sexual assault rife in psychiatric hospitals: report</i> See reference list: (Milligan, 2013)</p> <p>Dr Allen Frances – <i>Saving Normal</i> See reference list: (Frances, 2013)</p>
--	--

Topic 2	Resources
The role of trauma in mental and emotional distress	<p>Blue Knot Foundation leading trauma organisation in Australia Centre on the Developing Child, Harvard University</p> <p>Website: A Guide to Toxic Stress</p> <p>Bruce Perry, (2011) Born To Love: Why Empathy is so Endangered Bruce Perry, (2017) The Boy Who Was Raised a Dog Bruce Perry’s lecture, YouTube (2014) Social and Emotional Development in Early Childhood</p> <p>Video: The Repair of Early Trauma , (2017)</p> <p>Psychology Today website article: (2014) Why Kids Should Be Protected From Toxic Stress</p> <p>Intergenerational Trauma: Why many Indigenous Australians can't simply get over it and move on</p> <p>YouTube: Jacob Ham, (2017) Understanding Trauma: Survival vs Learning Brain</p> <p>The Mental Health Coordinating Council has published extensively on trauma-informed approaches, including: Bateman, J; Henderson and Kezelman, C (2013): Weblink: Trauma-Informed Care and Practice: Towards a cultural shift in policy reform across mental health and human services in Australia - a national strategic direction</p> <p>Becker-Blease, K. A. (2017, Mar-Apr). As the world becomes trauma-informed, work to do. See reference list: (Becker-Blease, 2017)</p>



	<p><i>The association between adverse childhood experiences (ACE's) in suicide attempts in a population-based study</i> See reference list: ACE Study (Fuller-Thomson et al., 2016)</p> <p><i>Associations of adverse childhood experiences and suicide behaviours in adulthood in a U.S. nationally representative sample</i> See reference list: (Thompson et al., 2019)</p>
	<p>Agency for Clinical Innovation (ACI) NSW website: Trauma-Informed Care and Practice in Mental Health Services</p> <ul style="list-style-type: none"> • https://www.aci.health.nsw.gov.au/networks/mental-health/trauma-informed-care-and-practice-in-mental-health-services <p>Video: <i>How childhood trauma affects health across a lifetime</i> TED TALK See reference list: (Burke Harris, 2014)</p> <p>Book: Alice Miller, The Body Never Lies (2006)</p> <p>Book: Bessel van der Kolk, The Body Keeps Score (2015)</p> <p>Book: Trauma and Recovery: The Afermath of Violence - From Domestic Abuse to Political Terror, (1997)</p> <p>Recovery Online Toolkit: Recovery Online Trauma Toolkit</p>

Topic 3	Resources
<p>Compassionate approaches to understanding mental distress</p>	<p>Hearing Voices Movement</p> <p>Intentional Peer Support (IPS) Intentional Peer Support</p> <p>Elanor Longden, Learning From the Voices in My Head, TED Talk, (2012)</p> <p>Kristen Neff, Ted Talk, (2013), The Space Between Self-Esteem and Self Compassion</p> <p>Open Dialogue Open Dialogue Australia: Open Dialogue: A New Approach to Mental Health Care</p> <p>ACT therapy Book: Russ Harris, The Happiness Trap, (2008) Book: ACT Made Simple: An Easy to Read Primer on Acceptance Commitment Therapy, (2009)</p>



	<p>Book: Sandra Escher, Making Sense of Voices: A Guide for Mental Health Professionals Working with Voice-Hearers , (2000)</p> <p>Book: Marius Romme, Accepting Voices, (1993)</p>
--	---

Topic 4	Resources
Creating a culturally safe environment	<ul style="list-style-type: none"> • Right based Professor Bernadette McSherry, University of Melbourne, Australia's international human rights obligations (2014) • Trauma informed MHCC, 'Trauma-informed care and practice' Trauma Informed Care and Practice Position Paper and Recommendations <p>Judy Atkinson, 'Culturally informed, Trauma Integrated Services for Aboriginal children families' Their Futures Matter</p> <ul style="list-style-type: none"> • Recovery oriented Dept of Health, Recovery-oriented practice <p>Book: Making Sense of Voices: A Guide for Mental Health Professionals Working with Voice-Hearers</p> <p>Website: The Power Threat Meaning Framework</p>

Topic 5	Resources
Why language matters	<p>Mary O'Hagan, (2014) Weblink: Madness Made Me: A Memoir</p> <p>EveryMind, MindFrame Weblink: Language Guide</p> <p>Sucide and language: Why we shouldn't use the 'C' word See reference list: (Beaton et al., 2013)</p> <p><i>Language use and suicide: An online cross-sectional survey</i> (Padmanathan et al., 2019)</p> <p>Mental Health Coordinating Council (2018): "Recovery Oriented Language Guide (2nd Edition)"; Mental Health Coordinating Council, Roselle NSW Australia</p>



Topic 6	Resources
<p>Developing a trauma-informed and culturally competent mindset</p>	<p>Slade, M (2009): <i>“Personal Recovery and Mental Illness: A Guide for Mental Health Professionals”</i>; Cambridge University Press</p> <p>Recovery online website: Recovery Online</p> <p>Deegan, P (Date of publication unknown): <i>“Recovery: The Lived Experience of Rehabilitation”</i>; Available at https://www.nami.org/getattachment/Extranet/Education,-Training-and-Outreach-Programs/Signature-Classes/NAMI-Homefront/HF-Additional-Resources/HF15AR6LivedExpRehab.pdf [accessed 03.07.2020]</p> <p>The work of Mary O’Hagan; for example: O’Hagan, M (2008): <i>“Destination: Recovery – Future Responses to Mental Distress and Loss of Wellbeing”</i>; Mental Health Foundation of New Zealand, Auckland NZ Weblink: Destination Recovery</p> <p>Kids Matter: information Sheet How might trauma affect Aboriginal and Torres Strait Islander children?</p> <p>Orygen website: Trauma and Mental Health in Young People</p>



Reference list

- Beaton, S., Forster, P., Maple, M., & (2013). Suicide and language: Why we shouldn't use the 'C' word.
- Becker-Blease, K. A. (2017, Mar-Apr). As the world becomes trauma-informed, work to do. *J Trauma Dissociation*, *18*(2), 131-138. <https://doi.org/10.1080/15299732.2017.1253401>
- Burke Harris, N. (2014). *How childhood trauma affects health across a lifetime*. TEDMED. https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare
- Deacon, B. J. (2013, Nov). The biomedical model of mental disorder: a critical analysis of its validity, utility, and effects on psychotherapy research. *Clin Psychol Rev*, *33*(7), 846-861. <https://doi.org/10.1016/j.cpr.2012.09.007>
- Frances, A. (2013). *Saving normal: an insider's revolt against out-of-control psychiatric diagnosis, DSM 5, Big Pharma and the medicalisation of ordinary life*. William Morrow.
- Fuller-Thomson, E., Baird, S. L., Dhrodia, R., & Brennenstuhl, S. (2016, Sep). The association between adverse childhood experiences (ACEs) and suicide attempts in a population-based study. *Child Care Health Dev*, *42*(5), 725-734. <https://doi.org/10.1111/cch.12351>
- Milligan, L. (2013). *Sexual assault rife in psychiatric hospitals: report*. ABC <https://www.abc.net.au/news/2013-05-13/sexual-assault-rife-in-psychiatric-hospitals:-report/4686480?nw=0&pfmredir=sm>
- Padmanathan, P., Biddle, L., Hall, K., Scowcroft, E., Nielsen, E., & Knipe, D. (2019). Language use and suicide: An online cross-sectional survey. *PLoS One*, *14*(6), e0217473. <https://doi.org/10.1371/journal.pone.0217473>
- Safety, A. s. N. R. O. f. W. s. (2020). Preventing gender-based violence in mental health inpatient units *Research to Policy and Practice*(1).
- Thompson, M. P., Kingree, J. B., & Lamis, D. (2019, Jan). Associations of adverse childhood experiences and suicidal behaviors in adulthood in a U.S. nationally representative sample. *Child Care Health Dev*, *45*(1), 121-128. <https://doi.org/10.1111/cch.12617>

