



ADDRESSING THE PASTORAL NEEDS OF THE CATECHIST

BY BR. COLIN WEE

Crisis Management has become a major treatment approach to help individuals, families and groups during psychologically overwhelming stress situations.

Crisis management then has a two-pronged process:—

1. To cushion the stressful event by immediate emotional first aid.
2. To strengthen the person in his or her coping and integrative struggles through immediate therapeutic clarification and guidance during this period of crisis.

Studies on attempted suicides among youth found majority depressed with parental problems, school problems and problems with the opposite sex. What should never be ignored are talks of suicide and even half-hearted attempts at suicide.

Thus helping a person manage crisis and fighting a suicidal crisis demands special care. The GOAL is: to keep the person alive. This lecture will help participants to achieve this goal by learning ways to lower the level of lethality. The way to decrease lethality in a suicidal individual is to decrease the felt perturbation.

Br Collin will touch on the following:

- Understanding the 3 types of suicide attempters.
- The 4 broad areas identified as forewarnings of suicide in Singapore (Verbal statements, Behavioural Clues, Situational clues and Syndromatic Clues).
- 7 Basic factors in Risk Assessment.
- 5 Key tasks of Suicide Intervention
- The Suicide Intervention Model and Risk Assessment. (In this aspect participants will be given the opportunity to practice their ability to assess the risk of suicidal behaviour.)
- For assessment purposes, the speaker will touch on the 10 critical questions to ask when making an intervention with a suicidal youth.

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CAEC, 2 Highland Road

Contribution: \$10

Call 6858 3011 or email spi@catholic.org.sg for registration.



Organised by **SINGAPORE PASTORAL INSTITUTE**

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