



Collaboration between Lived Experience & the Clinical Setting

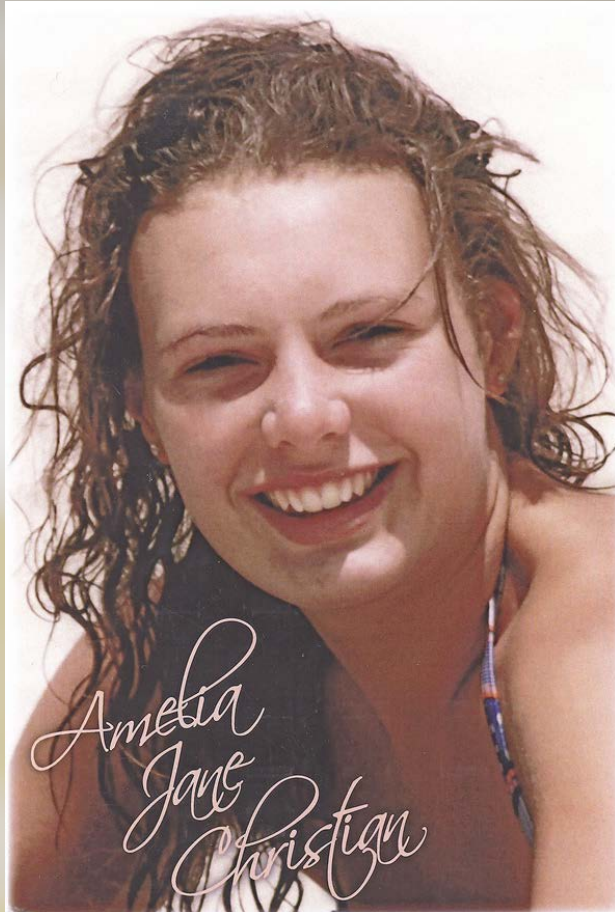
Amanda Christian

Registered Psychologist /Clinical Advisor

Community Postvention Response Service (CPRS)

Amanda.Christian@casa.org.nz

What does a 'Lived Experience of suicide' mean?



"Having experienced suicidal thoughts, survived a suicide attempt, cared for someone who is suicidal, been bereaved by suicide, or having been touched by suicide in some way."

Collaboration between Individuals & Organizations to effect change

Support &
Empathy

Culturally Sensitive

Trained - Safe, Smart,
Sensitive

Reduces Stigma & Isolation

Expertise of Carers,
Suicide Attempters,
Bereaved by Suicide

Inclusive not Tokenistic

Lived Experience changes the way we understand what is needed in Suicide Prevention & Postvention



Lived Experience changes the way that Suicide is talked about

Stigmatising terminology

- Committed suicide
- Successful suicide
- Completed suicide
- Failed attempt at suicide
- Unsuccessful suicide

Appropriate terminology

- Died by suicide
- Suicided
- Ended/Took his/her life
- Non-fatal attempt at suicide
- Attempted to end his/her life

Clinician Lived Experience

When a Clinician's client or Family member dies by Suicide

Effects on

Clinical work

Professional relationships

Stigma & Isolation

Professional identity

Litigation issues

Own pain of Grief & Loss

Personal vulnerability

Starting a dialogue with the Bereaved



- Having a conversation with the bereaved family
- Finding pieces of the puzzle
- Fuller picture of the loved one's life
- Experience the impact on a family member

Post Traumatic Growth

- *Compassion & Strength*
 - *New Relationships*
- *A Deeper Understanding of who you are*
 - *Serving others*

Using Lived Experience - Personal Readiness (Lived Experience Network Guidelines SPA)

*Seek a second opinion
ask someone who knows you well*

*What's my
motivation?*

*Who will benefit
from my
involvement?*

*When to share your
Lived Experience
Smartly, safely, sensitively*

*Reflect
regularly on
the challenges*

*Time since
the suicide*

*Valuing the
contributions of all
individuals*



Self Care for Clinicians with Lived Experience (AAS Self Care Guide)

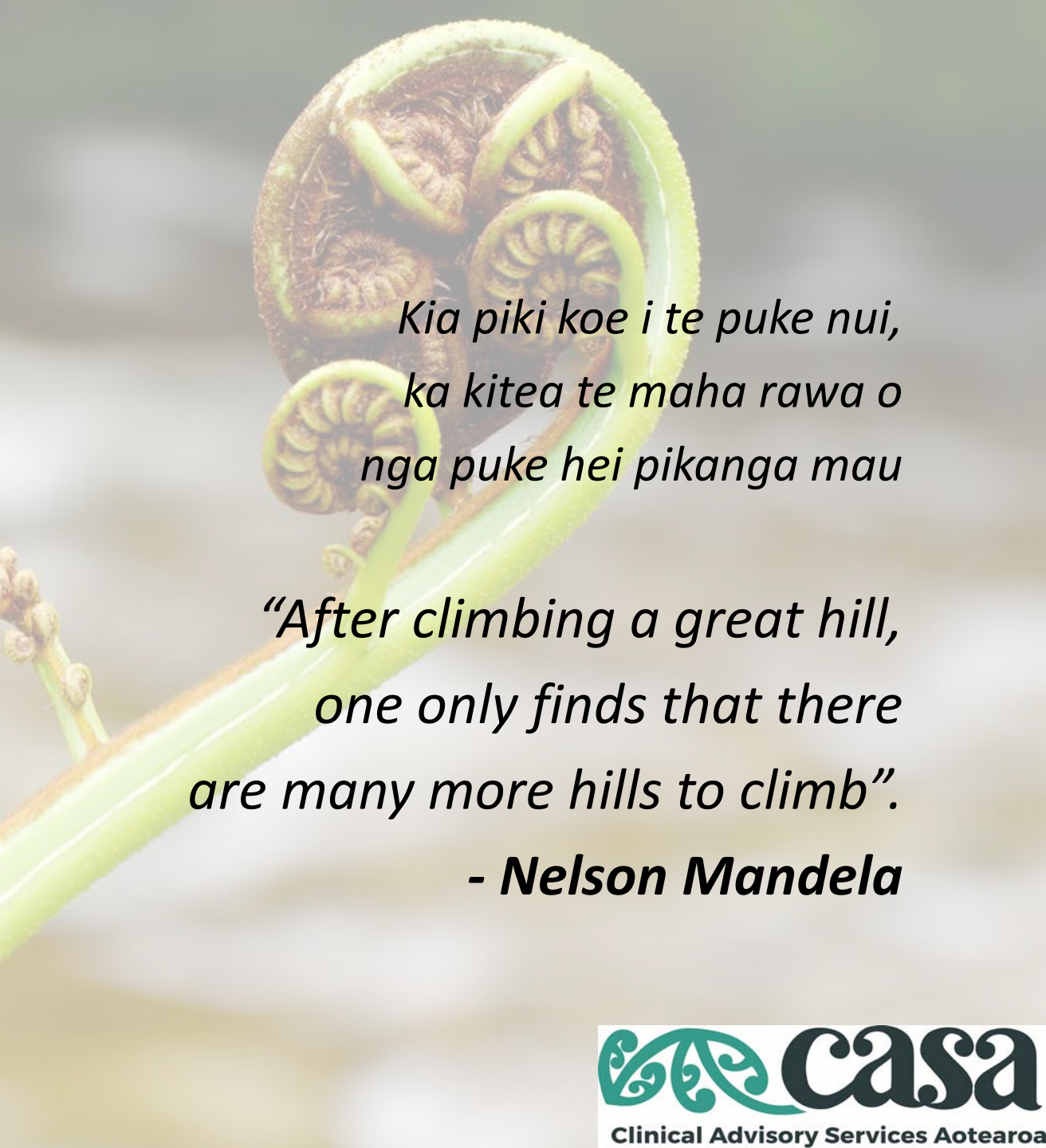
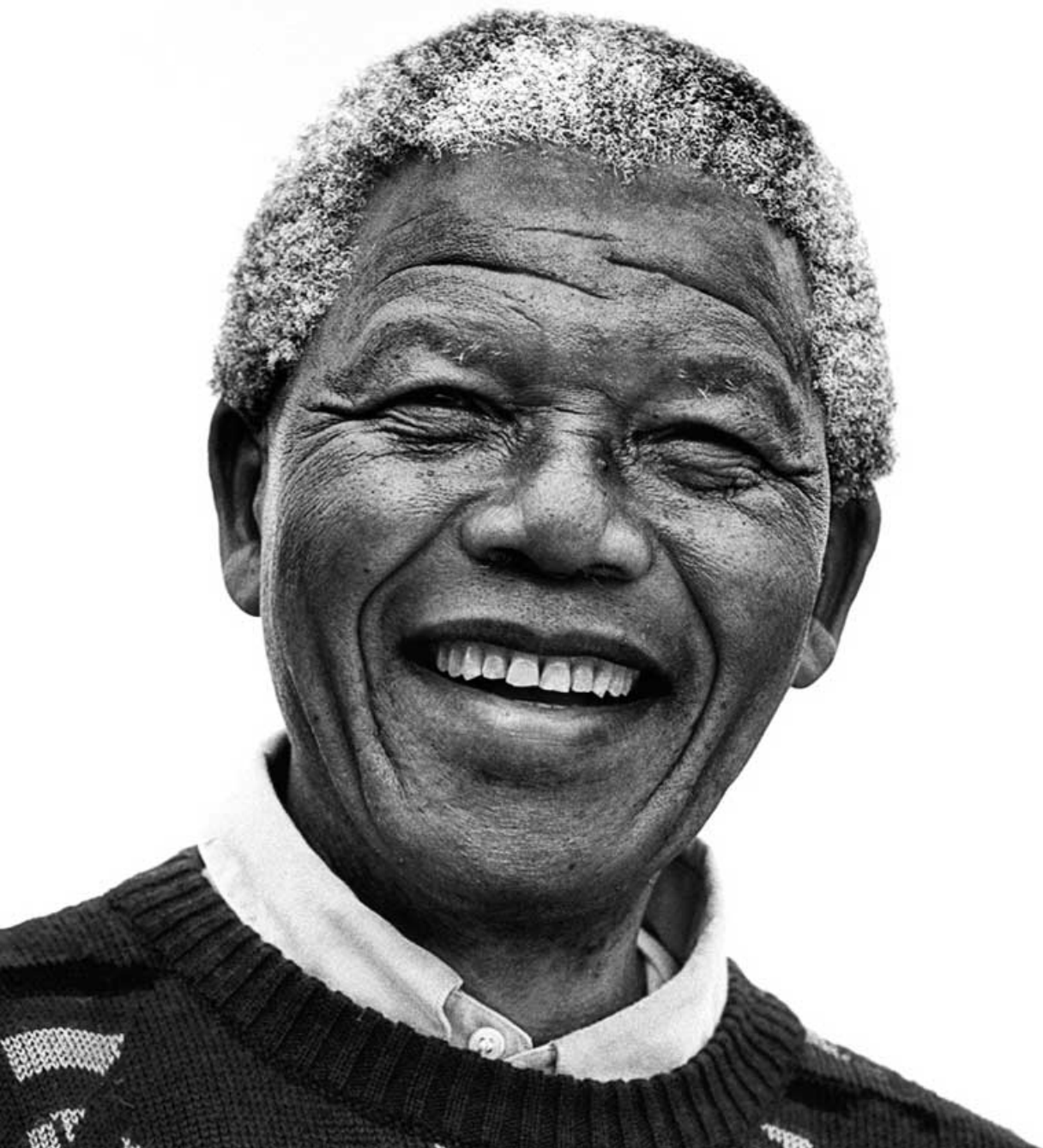
*Ongoing self care –
Physical, emotional,
psychological, spiritual realms*

*Focus on +
outcomes rather
than the subject
matter itself*

*Acknowledge your
own limits*

*Being aware of
your thoughts
outside of work as
well*

*Discuss strong
emotions as they
come up*

A close-up photograph of a green fern frond, showing the intricate, spiral pattern of the unfurling leaves. The frond is positioned diagonally across the right side of the image, with its base in the lower left and its tip towards the upper right. The background is a soft, out-of-focus natural setting.

*Kia piki koe i te puke nui,
ka kitea te maha rawa o
nga puke hei pikanga mau*

*“After climbing a great hill,
one only finds that there
are many more hills to climb”.*

- Nelson Mandela

Key Messages

- **Include Carers, Suicide Attempters and the Bereaved** in policy, education, prevention & postvention
- **Look After Yourself**