

Suicidology

e-kursus



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Eesti tuleviku heaks

Tartu Ülikool
avatud ülikooli keskus

Karmel Tall, mag

Tartu, 2010

Kursuse avaleht

Course: Suicidology - Windows Internet Explorer

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Profile



SUICIDOLOGY

Course Instructor: Karmel Tall, MA

WELCOME TO THE SUICIDOLOGY COURSE!

Suicidology Course is an online course designed for all who are interested in this subject. My name is Karmel Tall; I work as a lecturer and project manager in Tartu University. Through various projects I am also connected with Estonian-Swedish Mental Health and Suicidology Institute (ERSI) as a lecturer and The Centre for Development of Gestalt Therapy as a lecturer and psychotherapist.

I have participated in online courses as a student and have some idea of pros and cons of this kind of learning. There is a great freedom in choosing your own time for participating and at the same time, to be in charge of your own learning, demands loads of discipline.

I wish us all a fruitful cooperation and time well spent during this course!

Karmel

 [Syllabus](#)

Let's get acquainted, introduce yourself:

 [Introductions](#)

 [General forum for questions and answers](#)

Before starting to read course material, take a self-test quiz. Answers are only for you to know and test your knowledge in suicide facts:

 [Quiz](#)

Some resources for practitioners:

 [Suicide prevention resources](#)



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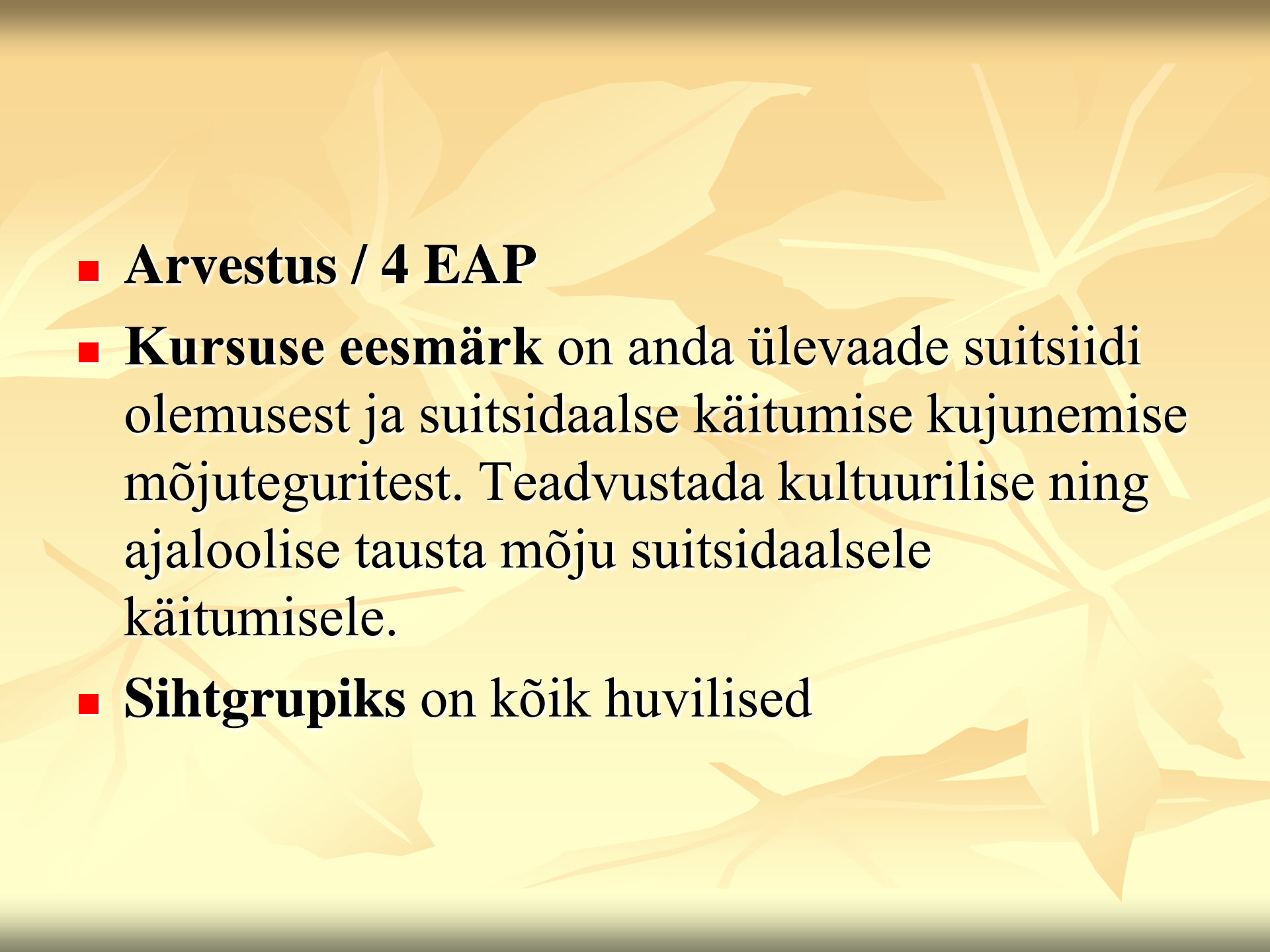
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 Karmel Tall

1

Module I - Suicide history, definitions and statistics

☐

- 
- **Arvestus / 4 EAP**
 - **Kursuse eesmärk** on anda ülevaade suitsiidi olemusest ja suitsidaalse käitumise kujunemise mõjuteguritest. Teadvustada kultuurilise ning ajaloolise tausta mõju suitsidaalsele käitumisele.
 - **Sihtgrupiks** on kõik huvilised

Käsitletavat teemad

- Suitsiidi ehk enesetapu defineerimine
- Psühholoogiline autopsia
- Suitsidaalse käitumise teooriad
- Suitsiidi tüpoloogia
- Suitsiidi riskitegurid
- Suitsiid elukaare kontekstis
- Suitsidaalse käitumise kujunemine
- Suitsiidi preventsioon, interventsioon ja postventsioon
- Suitsiidisurma lein

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Course: Suicidology

- 1 Module I - Suicide history, definitions and statistics**


Assignments:

 1. Read lecture text and additional articles
 2. Participate in group assignment "The Court"

Lecture text:

 [Module I text](#)


Forum for discussions on Module I topic:

 [Module I forum](#)
- 2 Module II - Pathways to suicide**


Assignments:

 1. Read lecture text and additional articles
 2. Define and construct your idea of the pathway to suicide. Describe it or create a model of suicide, post it to forum and discuss others ideas of suicide process.

Lecture text:

 [Module II text](#)

Forum for discussions on Module II topic:

 [Module II forum](#)
- 3 Module III - Suicide risk factors**

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P2AV.TK....: Module I text (Defining suicide) - Windows Internet Explorer

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Suicidology

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- 2.1 Suicides in Estonia
- 3 History of suicide
- 4 Psychological Autopsy
- 5 References
- 6 Additional articles

1 Defining suicide

Suicidology is a science dedicated to the study of suicide and suicide prevention. Many fields of study overlap in suicidology including psychology, psychiatry, physiology and sociology. Suicidology includes not only completed suicide and nonfatal attempted suicide but also partial self-destruction, suicidal gestures and ideation, parasuicide, deliberate self-harm, self-mutilation, and a panorama of related self-destructive behaviors and attitudes. Because suicide is not one thing but many related overlapping phenomena, it does not have one cause or etiology. An absolutely fundamental distinction is between completed suicides and nonfatal suicide attempts. By definition "suicide" implies a death whereas a suicide attempt does not necessarily. Suicide attempters and completers are overlapping populations, but it is important not to forget that about 85 percent of suicide attempters eventually die a natural death.

On the most fundamental, existential level we pay attention to suicide because it is there, has kind of riveting compulsion to it, and is an unavoidable, sometimes devastating, life issue. The French philosopher/novelist Albert Camus has written eloquently about this essential, compelling aspects of suicides. Whether one can live or chooses to live is the only truly serious philosophical problem, according to Camus. He claims that man invented God in order to be able to live without killing himself and that only human liberty is to come to terms with death. "Suicide", Camus writes, "is prepared within the silence of the heart, as is a great work of art".

Sigmund Freud as well saw life-and-death wishes as inextricably intertwined. According to him, "Life is impoverished; it loses its interest, when the highest stake in the game of living, life itself, cannot be risked". Early on Freud saw aggression as a product of frustration of sexual impulses and tended to see all life energy as sexual energy. However, after witnessing the carnage of World War I Freud decided there were two opposing basic instincts: life (eros) and death (thanatos) drives. All instincts sought tension reduction, libido sought to reduce sexual tension, whereas the death instinct sought the elimination of the tension of life itself. Basically, life sought the peace of death or, as Freud put it, the universal goal of all living substances was to "return to the quiescence of the inorganic world." Freud contended that much external aggression against others was necessary to avoid self-destruction. In discussing melancholia (depression) he felt that people did not find the energy to kill oneself unless they were first killing an internalized object previously identified with and then turned this prior external death wish against a fragment of their own ego. Freud also believed that suicide is more likely in advanced civilizations requiring grater repression of sexual and aggressive energy.

There is no universal definition of suicide. By Erwin Stengel's widely used definition suicide is the fatal act of self-injury, undertaken with more or less conscious self-destructive intent, however vague or ambiguous.

Done

Internet

100%

Kursuse läbimise nõuded

- Referaat vabalt valitud aine Sissejuhatus suitsidoloogiasse valdkonnaga seotud teemal
- Foorumi diskussioonides osalemist arvestatakse hindamisel
- Kursuse lõpus tuleb läbida valikvastustega test
- Kursus loetakse arvestatuks, kui kõik ülesanded on täidetud ja kogutud on vähemalt 60 punkti