

BORDERS **nd**

T4EU week courses



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Suicide without Borders

The aim of the course is to raise the understanding of suicide and suicidal behaviour. Suicide is one of the biggest public health issues that is present all over the world. It is estimated that around 700.000 people die by suicide, while leaving many (on average six) bereaved with severe negative consequences. Despite scientific developments in recent years, there are still several areas of suicidology that needs further studies. Namely, suicide preventive programmes still have difficulties to prove effectiveness if only done on a small scale and suicide assessment and prediction are still not reliable enough. Therefore we need to invest in new (technology based) interventions and assessment, to address these. Also, risk and protective factors are changing through the changes in the societies and the world and this needs continuous scientific and professional attention..

LANGUAGE: English

ECTS: 3

Max. participants: 20

The course will consist of 4 modules (»minicourses«):

1. Phenomenon of suicidal behaviour
2. Assessment and risk and protective factors
3. Crisis interventions and prevention
4. Postvention activities

Each of the modules consists of lectures, practical cases, discussions and exercises. Furthermore, students will work in groups and through mentored research learn about the best practices in suicidology.



**Slovenski
center za
raziskovanje
samomora**

**BSC, MSC and PhD
Students of psychology,
public health, medicine,
social work**

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Phenomenon of suicidal behaviour, Prof. Diego De Leo

The WHO/EURO working group (De Leo and others, 2004) suggested that the International Classification of Diseases defines suicide as "an action with mortal outcome started and accomplished knowing and expecting death as the result of it". Suicidal behaviour is often described on the continuum from suicidal thoughts that vary from the least timely defined to those with a very concrete plan of how and when to end own life. The suicidal plan consists in planning a sequence of activities and methods of how to end own life. Suicidal intention refers to the desire of own death. The severity of intention can be assessed through the lethality of suicidal methods, ranging from more to less deadly.

Assessment and risk and protective factors, Assist. Prof. Tina Podlogar

The assessment of the risk of suicidal behaviour is part of a clinical interview in which an expert focuses on an individual's history, symptomatology and diagnostics - the assessment of suicidal risk is therefore in the context of a holistic understanding of the individual. Risk assessment is not the same as predicting suicidal behaviour. Based on the presence of risk factors and protective factors in an individual, an expert can assess the degree of suicidal risk, which does not mean that he can predict the actual suicidal behaviour of an individual. It is unrealistic to expect an expert to predict suicide, but he may evaluate the risk in the most reliable and consistent way, which provides clinically useful conclusions

Crisis interventions and prevention, Assist. Prof. Nuša Zadravec Šedivy

Gatekeepers represent those who come in contact with the vulnerable people and can recognise signs of suicidal behaviour and appropriately act on it. Stigmatizing attitudes and behaviours of these and wider society can discourage an individual in need from seeking and / or accepting help. Prevention in school environments is a good example of effective interventions.

Bereavement and postvention activities, Assoc. Prof. Vita Poštuvan

Postvention represents help after stressful or dangerous situation. Its primary objective is to alleviate psychological consequences of sudden death in the suicide survivors and to help them live longer, more productive and less stressed than they would without postvention interventions. In the bereavement process, suicide survivors experience some specific reactions to a greater extent than other groups of bereaved people.

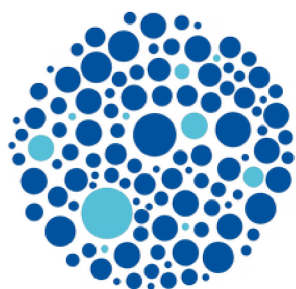
Suicide without Borders



**Prof. Dr.
Diego De Leo**

University of Primorska

Diego de Leo is Head of Slovene Center for Suicide Research at the University of Primorska which was the host institution of the 32rd IASP World Congress - The International Association for Suicide Prevention in September 2023. The main theme of the congress, which was held under the patronage of the President of the Republic of Slovenia, Dr Nataša Pirc Musar, was "The Power of Togetherness". Diego was Congress co-chair together with Vita Poštuvan. He is a Professor Emeritus of Griffith University in Brisbane, Australia, where he is also a past director of World Health Organization Collaborating Centre on Research and Training in Suicide Prevention. He is also a past president of the International Association for Suicide Prevention and co-founder and past president of the International Academy for Suicide Research. He started the WHO/START (World Health Organisation/Suicide Trends in At-Risk Territories) study, which was announced in Manila on 18 August 2005 and officially opened in Brisbane on 3 March 2006. During his time as President of the International Association for Suicide Prevention, De Leo initiated World Suicide Prevention Day celebrated on 10th September every year since 2003. Dr. De Leo is the leader of many research programs in Slovenia and internationally. He has received numerous prestigious international awards and recognitions for his research, including the International Suicide Prevention Association Award (1991). In 2013, he was awarded the title of Officer of the Order of Australia Queen Elizabeth II, »in recognition of his distinguished service to medicine in the field of psychiatry as a researcher and through the creation of national and international strategies for suicide prevention.«



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Vita Poštuvan, PhD in Psychology works as a Deputy Head of the Slovene Center for Suicide Research (UP IAM) and Department of Psychology (FAMNIT), University of Primorska, Slovenia. She leads the work related to clinical research and public-health interventions in suicidology, bereavement, crisis interventions, ethics in psychology, CBT and mindfulness-based approaches. She been involved in (inter)national projects, professional associations and has participated as well as organised (inter)national conferences. Among other she co-chaired the 32rd World Congress of The International Association for Suicide Prevention in September 2023. Vita also co-chairs Postvention Special Interest Group (IASP) and was recently elected as a Co-Chair of National and Regional Representatives (Zone 1) of IASP and is a member of EC of the organisation in an advisory role. She is a Slovene representative and co-chair of Ethical Board of the European Federation of Psychologists' Associations (EFPA) as well as member of EFPA's Board of Psychology and Health. Her ability to prepare, conduct and disseminate research is demonstrated within a wide range of various research projects' results. She contributed to a number of scientific papers, scientific chapters and books, and received several awards for her work. In 2021 she has received the prestigious Zois certificate of recognition, as one of the highest scientific awards offered by the Republic of Slovenia. Additionally to her academic engagement, she is CBT trained and works as a counselling and crisis-interventions psychologist.



**Assoc. Prof. Dr.
Vita Poštuvan**

University of Primorska

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**Assist. Prof. Dr.
Tina Podlogar**

University of Primorska

Tina Podlogar, is a researcher at the Slovene Center for Suicide Research (UP IAM). She obtained her Bachelor of Science in Psychology from the Faculty of Arts at the University of Ljubljana. Later on, she enrolled in postgraduate studies in Humanities and Social Sciences and successfully defended her doctoral dissertation, entitled "Psychotherapists' Experience of Working with Suicidal Clients", in 2019. As a researcher, Dr. Podlogar is involved in different national and international research-intervention projects in the field of mental health and suicidal behavior. Within her focus on mental health, her interests include clinical work with suicidal individuals and gatekeeper training. Among her involvement in different projects, she was one of the ideators of the project entitled "A (te) štekam?!? New approaches to recognizing and preventing suicidal behaviour and other risk factors in the field of mental health of adolescents" and has cooperated with diverse institutions within her work. She is currently the principal investigator in her postdoctoral project entitled "Exploring and facilitating the assumption of the role of gatekeepers among Slovenian teachers in the context of COVID-19 epidemic consequences". Dr. Podlogar is the current head of the Department of Psychology at UP Faculty of Mathematics, Natural Sciences and Information Technologies (FAMNIT), which crucially contributed to the establishment and operation of the Psychological Counselling Center at University of Primorska in 2023, where psychological help is available to UP students since then. She teaches courses within the field of mental health and research at various academic levels, mostly at UP FAMNIT, and occasionally at study programmes at other faculties. Within her pedagogical work she is also mentoring students at different academic levels. As a part of continuous professional development, Dr. Podlogar has enrolled in and completed various additional trainings, such as Cognitive Behavioral Therapy (Practicum I), Mindfulness-Based Cognitive Therapy – MBCT (Teacher development II), and other trainings. She regularly participates in national and international scientific and professional conferences and has co-authored several original scientific manuscripts as well as chapters in scientific monograph.



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Assist. Prof. Dr. Nuša Zadravec Šedivy, is a researcher at the Slovene Center for Suicide Research (UP IAM). She earned her Bachelor of Science in Psychology from the Faculty of Arts at the University of Ljubljana, followed by postgraduate studies in Humanities and Social Sciences. In 2018, she successfully defended her doctoral dissertation on Male Suicide Attempters' Attitudes towards Suicide and Risk Signs for Suicidality. In her role as a researcher, Dr. Zadravec Šedivy participates in numerous national and international projects related to mental health and suicidal behavior. She specializes in suicide prevention in diverse populations, including adolescents, men, incarcerated individuals, and older adults. Particularly, she is one of a key contributor to the project "A (se) štekaš?!? Integrated Approach to Strengthening Mental Health and Suicide Prevention for Adolescents." and from 2020 to 2023, she served as the principal investigator for the postdoctoral project "Older Adults Vulnerable to Suicide: Approaches to Reduce Loneliness and Enhance Mental Health." She is also actively involved in teaching at various academic levels, including undergraduate studies in Biopsychology, master's studies in Psychology and Biopsychology, doctoral studies in Suicidology and Mental Health at UP FAMNIT, and the master's program in Inclusion in Education at UM PEF. Committed to continuous professional development, Dr. Zadravec Šedivy has completed additional training, including Practicum I in Cognitive Behavioral Therapy and the Training for Mindfulness-Based Cognitive Therapy (MBCT) Teachers. She actively participates in scientific and professional conferences, presenting her research findings and contributing as an author or co-author to numerous original scientific articles, conference papers, and chapters in scientific monograph.



**Assist. Prof. Dr.
Nuša Zadravec
Šedivy**

University of Primorska