

Appendix C

A Reading List on Suicide Prevention and Recovery

Source: Website of the Suicide and Crisis Center of Dallas, Texas: www.sccenter.org/reading.html, with additions from members of the Texas Suicide Prevention Council.

Disclaimer: Contribution to the toolkit as a writer, editor, researcher, supporter or reviewer does not imply agreement or endorsement of the plan by the respective agencies or organizations. In addition, this toolkit is to be used as an educational tool only and not as a substitute for consultation with a health, mental health or substance abuse provider. Research in this field is developing and changes on an ongoing basis.

Most of the following list was compiled by Susan Woram. At the end of most book descriptions, one or more letters signify the category of reader that may find the book most helpful.

C - Children

M - Mental health professionals and students

P - Parents and other adults

T - Teens

Alexander, V. (1998). *In the Wake of Suicide: Stories of the People Left Behind.*

The stories in this book chronicle individual journeys through grief after suicide - from the initial impact of the loss to its lace in the survivor's lives years later. The intent of this book is to help survivors give voice and meaning to their loss. (P)

American Association of Suicidology

<http://www.suicidology.org>

Materials and resources to help understand and prevent suicide.

Berman, A.L. & Jobes, D.A. (1991). *Adolescent Suicide: Assessment and Intervention.*

Reflects on what is current and promising in working with the suicidal adolescent and provides information relevant to theory, research, practice, and intervention. Provides practical guidance for the clinician. (M, P)

Baughner, B., Ph.D. & Jordan, J., Ph.D. (2001). *After Suicide Loss: Coping With Your Grief.*

This book is written specifically to help survivors during the first year after a suicide. It is organized around the first few days, few weeks, few months, etc. It is short, concise and very practical in its orientation to providing concrete suggestions and help for survivors. (P)

Bolton, I. and Mitchell, C. (1983). *My Son ... My Son ... A Guide to Healing After Death, Loss, or Suicide.*

As its title indicates, this book may hold special meaning for those searching for healing after the loss of a son. The author's hopeful message is just as helpful to those who have lost a daughter or brother. This is a simple and comforting book from a mother with firsthand knowledge. (P)

Buscaglia, Leo F. (1983). *The Fall of Freddie the Leaf: A Story of Life for All Ages.*

This is a book that deals with death on a level that children can begin to understand. Mr. Buscaglia does a good job explaining death as a natural part of the cycle of life. Beautifully illustrated with simple text. The book does not specifically address suicide. (C)

Clark, D.C. Ed. (1993). *Clergy Response to Suicidal Persons and Their Family Members.*

Interfaith resource book for the clergy and congregations. Provides basic knowledge about theology and suicide, recognizing suicidal risk, and referral to the appropriate caregivers. (M)

Dr. Clark, S. (1995). *After Suicide: Help for the Bereaved.*

This is a comprehensive handbook dealing with a specific area of bereavement after suicide - and fills the gap in the grief and suicide literature. It shows practical commonsense and careful guidelines to help people find their way through this time. It is an excellent resource for both those who have suffered and those who would support them. (P)

Colt, G. H. (1991). *The Enigma of Suicide.*

This encyclopedic volume on suicide is informative and thorough. It may be more helpful for those wanting an academic view of suicide than for those looking for comfort. It includes large sections on history, 'right-to-die' issues, prevention and survivors. (M, P)

Crenshaw, D. A. (1999). *Bereavement: Counseling the Grieving Throughout the Life Cycle.*

This is a book for the caregivers of those who are mourning. The age of a mourner will influence the type of support that may be most helpful. Different ages have different needs and that is the premise of this helpful book. The book breaks down the tasks of grieving and suggests particular ways to be supportive. This work is intended to aid any caretaker whether family member or professional counselor. (M, P)

Dower, L. (2001). *I Will Remember You: What to do When Someone You Love Dies: A Guidebook Through Grief for Teens.*

This is a book that is directed to teens but appropriate for all ages. It is written in clear, simple language that can help teens through the grieving process. It guides the adolescent reader through confusing feelings and helps them give words to the emotions they may feel. It includes a number of excellent writing and meditation exercises. The author also talks about grief through history and in other cultures. (M, P, T)

Durkheim, E. (1951). *Suicide: A Study on Sociology.*

This famous book was written in 1951 by a French sociologist and is still required reading for most serious students of sociology. Durkheim focuses on the social causes of suicide

rather than the internal workings of the mind. His work has immense historical value and shows the universal and timeless nature of human frailties. This work is recommended for the serious student of suicide only. (M)

Elliott, H. B., Brad. (1993). *Ripples of Suicide*.

Harold Elliott is a Baptist minister and the chaplain for a Texas police department. His book has a slightly academic feel to it and includes good historical information. Some readers may find the police angle of his real world work experiences a little difficult to handle. Some of the content is quite graphic. It includes helpful information on dealing with suicidal individuals and notifying families. (M, P)

Ellis, Thomas E. & Cory F. Newman. *Choosing to Live: How to Defeat Suicide Through Cognitive Therapy*.

A well written book for the general public. It is filled with practical advice but remains cautious of the limitations of a self-help approach to reducing suicide risk. (P)

Etkind, M. (1997). *... Or Not To Be: A Collection of Suicide Notes*.

Only a minority of those who die of suicide will leave a note. This book is a compilation of notes from a wide variety of people. They include celebrities and everyday people. They range in time from the 1700s to the present. These are interesting insights that may not be right for everyone. (M, P)

Emswiller, M.A. and J.P. Emswiller. (2000). *Guiding Your Child Through Grief*.

Backed by research in child psychology and filled with case histories, this title answers questions that parents and caregivers need to ask, such as: Is it normal for a child to act as if nothing has happened? Is an infant too little to understand the loss of a parent? Do children blame themselves for the death of a family member? Should I worry about a child committing suicide after a death in the family? (P)

Fawcett, J., M.D., Golden, B., Ph.D., Rosenfeld, N., and Goodwin, F.K. (2000). *New Hope for People with Bipolar Disorder*.

This book includes psychiatric findings and treatments in the author's multidimensional approach to expel the myths and fears surrounding bipolar disorder. Treatment options covered include drugs, nutrition, psychotherapy, diet, and lifestyle changes, which the authors address clinically and personally, offering compassionate and insightful suggestions for everyone affected by the disease. (M, P)

Fine, C. (1997). *No Time To Say Goodbye: Surviving the Suicide of a Loved One*.

Carla Fine has written about the loss of her husband to suicide. This book particularly addresses the social stigma that is still attached to suicide. Fine was so ashamed by her husband's suicide that she initially told others that his death was due to a heart attack. The author has spoken with many other survivors and passionately communicates their stories and experiences along with helpful information from mental health professionals. (M, P)

Fumia, M. (1992). *Safe Passage: Words to Help the Grieving Hold Fast and Let Go*.

This is a simple book of meditations written by women who

experienced the loss of her infant son. The meditations are progressive, that is the author follows the grieving process itself. The initial meditations are meant to deal with the "harsh beginnings" of unexpected loss. As the meditations continue, they focus increasingly on the process of recovery. (P)

Goldman, Linda. (1996). *Breaking the Silence*.

Provides a clear, concise, and informative guide to helping children with complicated grief issues and provides strategies and referral resources for child grief issues. The text is understandable and user-friendly for parents and laypersons, as well as experienced clinicians. (P, M)

Goldman, Linda. (1994). *Life and Loss: A Guide to Help Grieving Children*.

An information guide for helping children deal with general grief issues, as well as hands-on techniques for grief resolution. Useful for parents as well as clinical sessions by mental health professionals. (M, P)

Goldman, Linda and Jonathan P. Goldman. (1998). *Bart Speaks Out: Breaking the Silence on Suicide*.

Bart, a white terrier, narrates his story to losing Charlie to suicide. A workbook for young children to journal their feelings about the loss of a loved one to suicide, this is an ideal book to use with a parent or counselor who can assist the child in filling in the pages. (M, C)

Goldston, David B. (2003). *Measuring Suicidal Behavior and Risk in Children and Adolescents*.

This book offers practitioners and researchers practical, up-to-date information on a wide range of instruments used to evaluate suicidal behaviors in children and adolescents. In this critical and comprehensive reference book, the author first describes conceptual, definitional, and psychometric issues important in evaluating and comparing various assessment instruments and then focuses on available instruments that can be used for screening purposes or as adjuncts in detecting, describing, or estimating the risk of suicidal behavior. (M)

Goldsmith, Sara K. (2002). *Reducing Suicide: A National Imperative*.

A compilation and review of the state of the science in suicide prevention. This data driven review explores factors that raise a person's risk of suicide: psychological and biological factors including substance abuse, the link between childhood trauma and later suicide, and the impact of family life, economic status, religion and other social and cultural conditions. The authors review the effectiveness of existing interventions, including mental health practitioners' ability to assess suicide risk among patients. They provide a blueprint for addressing the problem, how to build infrastructure, conduct needed research, and improve our ability to recognize risk and effectively intervene. (M)

Grollman, E. A. and Malikow, M. (1999). *Living When a Young Friend Commits Suicide: Or Even Starts Thinking About It*.

In addition to addressing issues about suicide this book also discusses how to deal with others who may be suicidal. It has chapters on the stages of grief, common misconceptions about suicide, coping skills, helping suicidal individuals and religious

issues. This book is the collaborative work of a pastoral counselor and a grief counselor. (P, T)

Harris, M. (1996). *The Loss That is Forever: The Lifelong Impact of the Early Death of a Mother or Father.*

This book addresses the issues that can face an adult who experiences the loss of a parent early in life. This is not a work that is specific to suicide but still may be quite comforting to the adult who lost a parent at a young age. Written by clinical psychologist. (P)

Hewett, J. H. (1980). *After Suicide.*

A recommended and highly readable book. Its practical nature can help readers understand what to expect after a loved one dies by suicide and offer options for coping. It includes a very helpful chapter on suicide and faith. It also clarifies many of the misconceptions that we hold about suicide and religion. (M, P)

Hsu, Albert Y. *Grieving a Suicide: A Loved One's Search for Comfort, Answers & Hope (2002).*

Hsu relates his own coping with unexpected, violent death and compassionately examines the emotional and theological issues of suicide. Hsu's father died of suicide at 59. He had suffered a stroke and become depressed during the preceding weeks, yet his death was a great shock. The Christian way of grieving is Hsu's focus in the latter half of the book, where he surveys Scripture to deal with questions such as whether people who die by suicide can go to heaven, where God is when tragedy strikes and what can be learned from suicide. (M, P)

Jacobs, Douglas G. M.D. (1999). *Harvard Medical Guide to Suicide Assessment and Intervention.*

Clearly this is one of the most comprehensive guides available on suicide. It is a must read for every mental health professional and others devoted to helping people forced with a crisis. Provides a very clear and understandable approach to the phenomenology of suicide. (M)

James, J. W. and Friedman, R. (1998). *The Grief Recovery Handbook: The Action Program For Moving Beyond Death, Divorce, And Other Losses.*

Those who like the idea of following a 'program' for recovery will enjoy this book. The book addresses losses of all types not just those related to suicide. A small downside for some readers may be the book's insistence to strict adherence to their program and the offer of what seems like a "cure" for your grief. That being said, the book appears to have a wide following and is used as a springboard for many self-help groups. (M, P)

Jamison, K. R. (1999). *Night Falls Fast: Understanding Suicide.*

Kay Redfield Jamison has had her own personal struggle with manic-depressive illness and survived a suicide attempt. As a Johns Hopkins professor of psychiatry she is well equipped to clearly discuss the current epidemic rates of suicide and the myriad of causes. She also reminds us of the preventable nature of this epidemic. The book uses essays on individual suicides to poignantly illustrate the various forces at work in those that die by suicide. (M, P)

Joiner, Thomas Ph.D. (2005). *Why People Die by Suicide.*

In the wake of a suicide, the most troubling questions are

invariably the most difficult to answer: How could we have known? What could we have done? And always, Why?

Drawing on extensive clinical and epidemiological facts and personal experience, Joiner brings a comprehensive understanding to seemingly incomprehensible behavior. (M,P)

Kleespies, Phillip M., Ph.D. (Ed.) (1997). *Emergencies in Mental Health Practice: Evaluation and Management.*

Focusing on acute clinical situations in which there is an imminent risk of serious harm or death to self or others, this practical resource helps clinicians evaluate and manage a range of mental health emergencies. (M)

Leenaars, A. & S. Wenckstern (Eds.) (1990). *Suicide prevention in Schools.*

Suicide prevention, intervention, and postvention in the schools are outlined in this edited book. (M, P)

Lester, D. (1993). *The Cruellest Death: The Enigma of Adolescent Suicide.*

This helpful book gives us a broad overview of the various factors that can contribute to suicide in adolescents. This book is an excellent primer for the mental health professional just beginning to study teen suicide. The book covers theory and research as well as epidemiology and intervention. (M, P)

Lester, David. (2001). *Suicide Prevention: Resources for the Millennium.*

Suicide Prevention presents an evaluation of the past, present, and future of suicidal behavior and efforts to prevent suicide. Authors from varying disciplines of psychology, sociology, and psychiatry analyze suicide in the opening chapters. Through the exploration of these roles of these disciplines, the roles of primary physicians, and the impact of suicide prevention education in schools, the contributors describe the history of suicidology and the changes necessary for improvement. The book concludes with a section detailing the goals and activities of organizations designed to prevent or facilitate suicide. (M, P)

Linn-Gust, Michelle. (2001). *Do They Have Bad Days in Heaven? Surviving the Suicide Loss of a Sibling.*

The first comprehensive resource for sibling suicide survivors. The author takes the reader through the personal experiences of losing her younger sister and weaves in the available research for sibling survivors. She explains suicide, the grief process, and how sibling death impacts the brothers and sisters left behind, and offers practical advice for surviving the loss of a sibling to suicide. (M, P, T)

Maris, R., Berman, A.L., Maltzberger, J.T., Yufit, R. (Eds.) (1992). *Assessment and Prediction of Suicide.*

Comprehensive reference volume of 32 chapters covering a range of specialized topics such as jail suicides, school suicide programs, hospital and clinic studies, economic and social factors, and the biology of suicide. (M)

McCracken, Anne & Mary Semel. (1999). *A Broken Heart Still Beats.*

This anthology of poetry, fiction, and essays compiled from the literature of loss and grief is remarkable. The authors have included pieces from everyone from William Shakespeare to Dwight D. Eisenhower whose works explore the shock, the

grief, and the search for meaning that come with the death of a child. Each piece is clearly introduced explaining the details surrounding the person's loss. (P)

McIntosh, John L., Santos, John F., Hubbard, Richard W., and James C. Overholser. *Elder Suicide: Research, Theory, and Treatment*.

This book presents epidemiological trends and identifies special high-risk factors for suicide among elders. It also examines sociological, psychological, biological, and other theories of suicide and provides an overview of clinical approaches to depressed and suicidal elders by identifying aspects unique to elder suicide, exploring assessment and intervention modalities, and specifying warning signs.

Mehren, Elizabeth. (1997). *After the Darkest Hour the Sun Will Shine Again*.

This helpful and inspirational book clearly helps bereaved parents deal with the many questions and issues that come up for them. It's both a guide and a meditation that offers support and comfort. It is written in a clear and simple style with short stories dealing with difficult issues. The advice and solace found in this small book is very valuable. (P)

Merman, A. L. & Jobes, D. A. (1999). *Adolescent Suicide: Assessment and Intervention*.

This book is published by the American Psychological Association and written with the mental health clinician in mind. Chapters include: The epidemiology of adolescent suicide, The theoretical context, The empirical context, Assessment of risk, Treatment, Prevention and postvention. The book presents current research findings and provides extensive references and case illustrations. (M)

Mishara, B.L. (Ed.) (1995). *The Impact of Suicide*.

A prestigious group of internationally known contributors, including Robert Kasienbaum, Alan Berman, and David Lester, take an incisive look at suicide's effects on family, friends, and professionals. Research data are supplemented by rich clinical experience. (M)

Osgood, N. (1992). *Suicide in Later Life*.

Discusses reasons for elderly suicide, describes the symptoms and warning signs, and proposes risk reduction strategies. Written for older adults, family members and caregivers, and all those who provide services for older clients/patients. (M, P)

Poland, S. (1989). *Suicide Intervention in the Schools*.

Provides step-by-step guidelines for setting up and maintaining a comprehensive crisis intervention program. (M, P)

Poland, S., & Lieberman, R. (2002). *Best practices in suicide intervention*. In A. Thomas & J. Grimes (Eds.), *Best Practices in School Psychology* (Vol. 3, pp. 1151-1166).

Poland, S., & McCormick, J. (1999). *Coping with Crisis: Lessons Learned*.

Poussaint, Alvin F. (2002). *Lay My Burden Down: Unraveling Suicide and Mental Health Crisis Among African Americans*.

Risenhoover, C. C. (2004). *The Suicide Lawyers: Exposing Lethal Secrets*.

Texas attorneys share their experiences in suicide litigation and help readers know how to recognize, react, and intervene when a friend or loved one is at risk for suicide.

Robinson, R. (1989). *Survivors of Suicide*.

Originally published in 1989, this book was revised in 2001 and contains additional information on teen suicide. The book also reviews such areas as common suicide myths, depression, historical and religious perspectives and includes a resource directory. (P)

Rubel, B. (2000). *But I Didn't Say Goodbye: For Parents and Professionals Helping Child Suicide Survivors*.

This hands-on book benefits those who want to learn how to help a child after a sudden loss. The power of this book comes from the most frequently asked questions a bereaved child asks, and the honest, respectful, age-appropriate answers from caring adults. Caregivers get intervention strategies, complete with bereavement referrals and up-to-date recommended resources. Adults get a head start by the ready-to-copy, interactive, non-threatening questions and activities wherein the child's thoughts and feelings are shared. (M, P)

Shea, Shawn C. (1999). *The Practical Art of Suicide Assessment: A Guide for Mental Health Professionals and Substance Abuse Counselors*.

Shea provides a thorough introduction to the CASE (Chronological Assessment of Suicide Events) approach, using numerous case examples. The author moves the reader from suicidology theory and research to elicitation of suicide ideation to appropriate decision-making and treatment planning. This book would be equally useful for students, beginning clinicians, and seasoned veterans. (M)

Shneidman, Edwin, Ph.D., (2004). *Autopsy of a Suicidal Mind*.

With other Suicidology experts Dr. Shneidman discusses the special qualities of the mental content and mental qualities of a deeply suicidal person. A case is studied and discussed from a variety of perspectives.

Shneidman, Edwin, Ph. D. (1993). *Suicide as Psychache: A Clinical Approach to Self-Destructive Behavior*.

Dr. Shneidman's approach to treatment and response to suicidal people. This book offers a perspective for prevention and treatment that arises from his long reflection and clinical work as a Suicidologist. It is direct and readable and offers an effective approach to suicidal people that is being demonstrated in research by researchers like Israel Orbach, Ph.D. and others in Israel.

Smolin, Ann. (1993). *Healing After the Suicide of a Loved One*.

The authors address the special needs and emotions of the survivors - those affected by the suicide of a loved one— explore the natural grief, and the added guilt, rage, and shame that dealing with a suicide often engenders. Includes a directory of worldwide support groups.

SPRC Library

<http://library.sprc.org/>

A searchable collection of resource materials on various topics in suicide, suicide prevention and mental health.

Stimming, M.T. and M. Stimming (Eds). (1999). *Before Their Time: Adult Children's Experiences of Parental Suicide.*

Before Their Time is the first work to present adult children survivors accounts of their loss, grief, and resolution following a parent's suicide. In one section, the book offers the perspective of sons and daughters on the death of mothers, in another, the perspective of sons and daughters on the death of fathers. In a third section, four siblings reflect on the shared loss of their mother. Topics such as the impact of the parent's suicide on adult children's personal and professional choices, marriages and parenting, sibling and surviving parent relationships are explored with sensitivity and insight. Various coping skills, including humor, are described. (P)

"Suicide and Life-Threatening Behavior" The Official Journal of the American Association of Suicidology. Morton M. Silverman, M.D., Editor-in-chief

This journal is published quarterly by The Guilford Press, 72 Spring Street, New York, NY 10012 - www.guilford.com

Treadway, David C. *Dead Reckoning: A Therapist Confronts His Own Grief.*

Chronicles his arduous year-long journey to come to terms with his mother's depression and suicide, which happened years earlier in the author's life.

Underwood, M.S. and Dunne-Maxim, K. (1997). *Managing Sudden Traumatic Loss In The Schools.*

This manual incorporates the basic principles of postvention as well as practical implementation techniques garnered in the hundreds of schools and communities where the authors have provided postvention services. The manual has been revised several times and over 20,000 copies have been distributed nationwide. In 1999, a series of videotapes was produced to accompany the manual. These tapes reinforce the principles outlined in the manual and are designed to provide support and direction during the initial days of the trauma. They have also been used by school systems for training of crisis management teams. (M, P)

White, T.W. (1999). *How to Identify Suicidal People: A Systematic Approach to Risk Assessment.*

This is an excellent reference for mental health professionals who work with potentially suicidal people. Discusses the author's new method, and actual system of conduction risk assessment. (M)

Wofalt, A., Ph.D. (2000). *Healing the Grieving Child's Heart - 100 Practical Ideas for Families, Friends, and Caregivers.*

Helpful to adults to understand grief and mourning in children. (P)