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When Drug Use and Suicide Seem the Solutions



Dr. Jane A. Simington, PhD.

In light of the relationships between drug use, suicide and trauma, strategies to reduce and prevent these health and life-threatening risks must be aimed at healing the underlying trauma. The effects of trauma impact every aspect of life and living. This accumulation of symptoms can make the life of someone who has experienced trauma seem unbearable. Many who are traumatized try a variety of strategies, including the uses of alcohol and drugs in an effort to numb their intense suffering. When these attempts no longer work, many conclude they are powerless to make the changes required so they can live a life free of torment. Overwhelmed by feelings of hopelessness, suicide can seem like the only way out of the constant misery.

When Drug Use and Suicide Seem the Solutions increases your knowledge of the connections between trauma, drug use and suicide. It will give you advanced skills to assess for underlying trauma and to help the person reclaim a sense of personal power and hopefulness.

During our time together you will:

- 1) Increase your knowledge of trauma and of how trauma affects the body, mind, emotion, spirit and relationships.
- 2) Acquire skills to assess the major symptoms of trauma.
- 3) Experience creating a sense of safety for the at-risk person.
- 4) Acquire knowledge and advanced skills to help and heal a traumatized person.
- 5) Examine techniques to strengthen the community approach to healing trauma and thus reduce the life threatening risks associated with drug use and suicide consideration.