

Countertransference in PTSD

- Four Typical Reactions
 - ▼ Empathic Enmeshment
 - ▼ Empathic Disequilibrium
 - ▼ Empathic Withdrawal
 - ▼ Empathic Repression

Typical Reactions to Patient Suicide

- Cognitive
 - ▼ Self doubt

Emotional Reactions to Patient Suicide

- Bereavement pattern
- Isolation from colleagues, feeling alone
- Doubt, depression
- Emotional withdrawal
- Psychological autopsy should not be scheduled for some time after a death to reduce defensiveness.
 - ▼ Fear of colleagues judgment

Malignant Alienation - The Most Dangerous Countertransference Reaction

- Four Factors increase the likelihood of patient suicide:
 - ▼ Incapacity for interpersonal warmth
 - ▼ Pathological Care eliciting
 - ▼ Help Negation
 - ▼ Marital Isolation

Therapist Emotional Withdrawal increases chance of patient suicide by 55%!

- Important to process suicide with colleagues
 - ▼ If not done can lead to burnout or staff conflict
- Give self time to recover
 - ▼ Typically takes months to years, not days.