
ABSTRACT

Therapists' experiences after a client's suicide

MASAKI, Keiko

University of Yamanashi

The purpose of this research is to identify the internal experiences of therapists who had a client who committed suicide. We conducted a semi-structured interview of 14 therapists and applied the revised modified grounded theory approach to analyze the data. There were 28 concepts and seven categories identified in the therapists' experiences. Although there are individual variations, therapists first went through a "great shock" from the suicide of their client and then shifted to a "struggle" stage when they lost confidence as a person and as a professional. However, after having opportunities to review the event by communicating with others in closer relationships and revisiting some unforgettable feelings, the therapists developed a deeper understanding of their work and humanity. Eventually, the therapists reached a stage of "acquisition of new views (knowledge, skills, and attitude)" when they became more conscious about their necessary abilities and qualities as therapists. The research showed that experiences stimulated the growth of therapists as professionals in various areas including their views of human beings.

Key Words: therapist, client, suicide, modified grounded theory approach
