



Mayo School of Continuous Professional Development

Aeschi 8:

Bearing the Struggle:
Exploring the Challenges of Facing
Clinicians Working with Suicidal Patients

The Aeschi Philosophy

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June 11, 2015

Conflict of Interest Disclosure

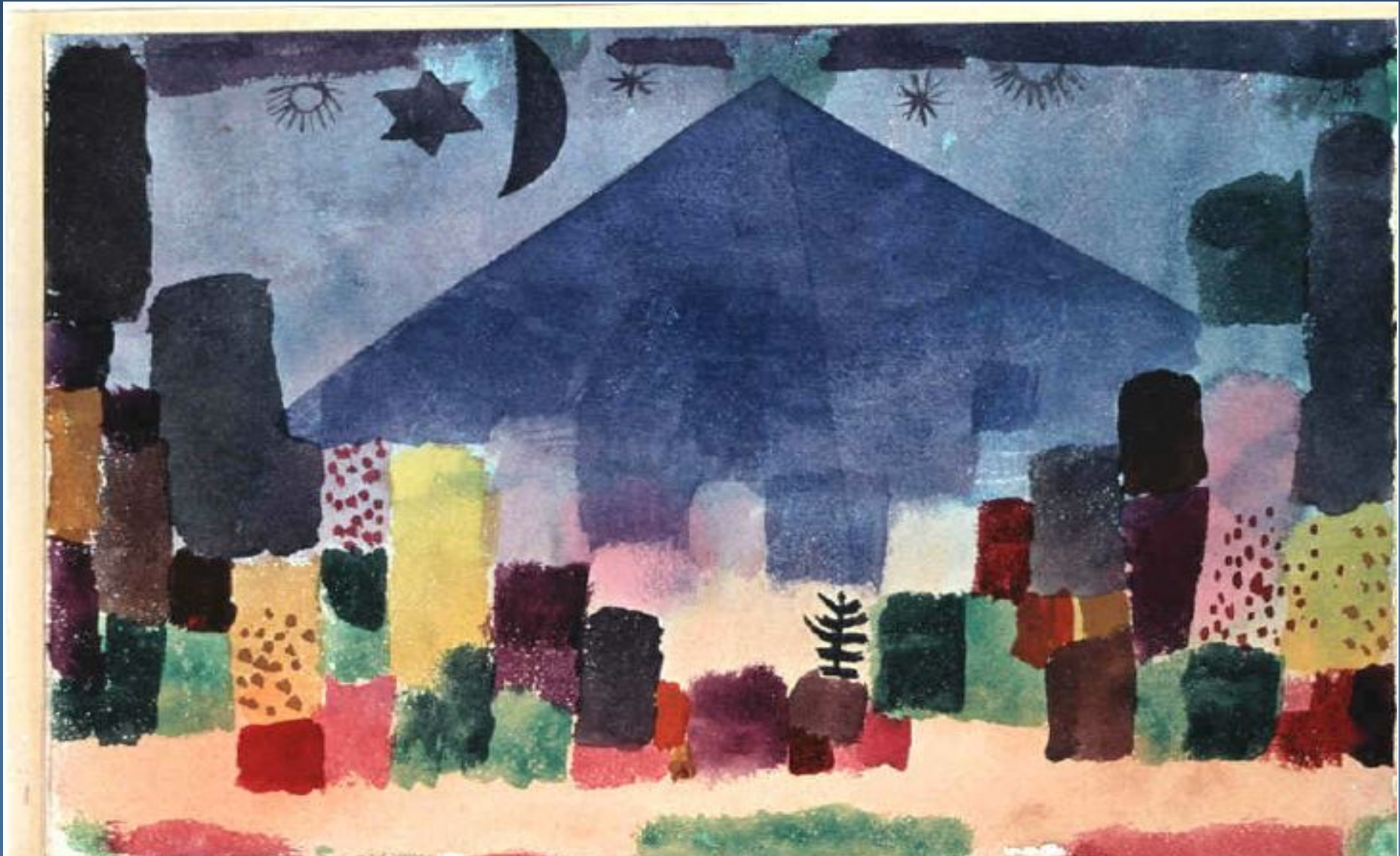
David Jobes, Ph.D.

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Behavioral Objectives

- Understand the genesis of the Aeschi approach to the suicidal patient
- Review the guidelines for clinicians that capture the “Aeschi spirit” and philosophy of care
- Trace the history of this line of thinking over the last 15 year to the present day
- Orient ourselves to Aeschi 8

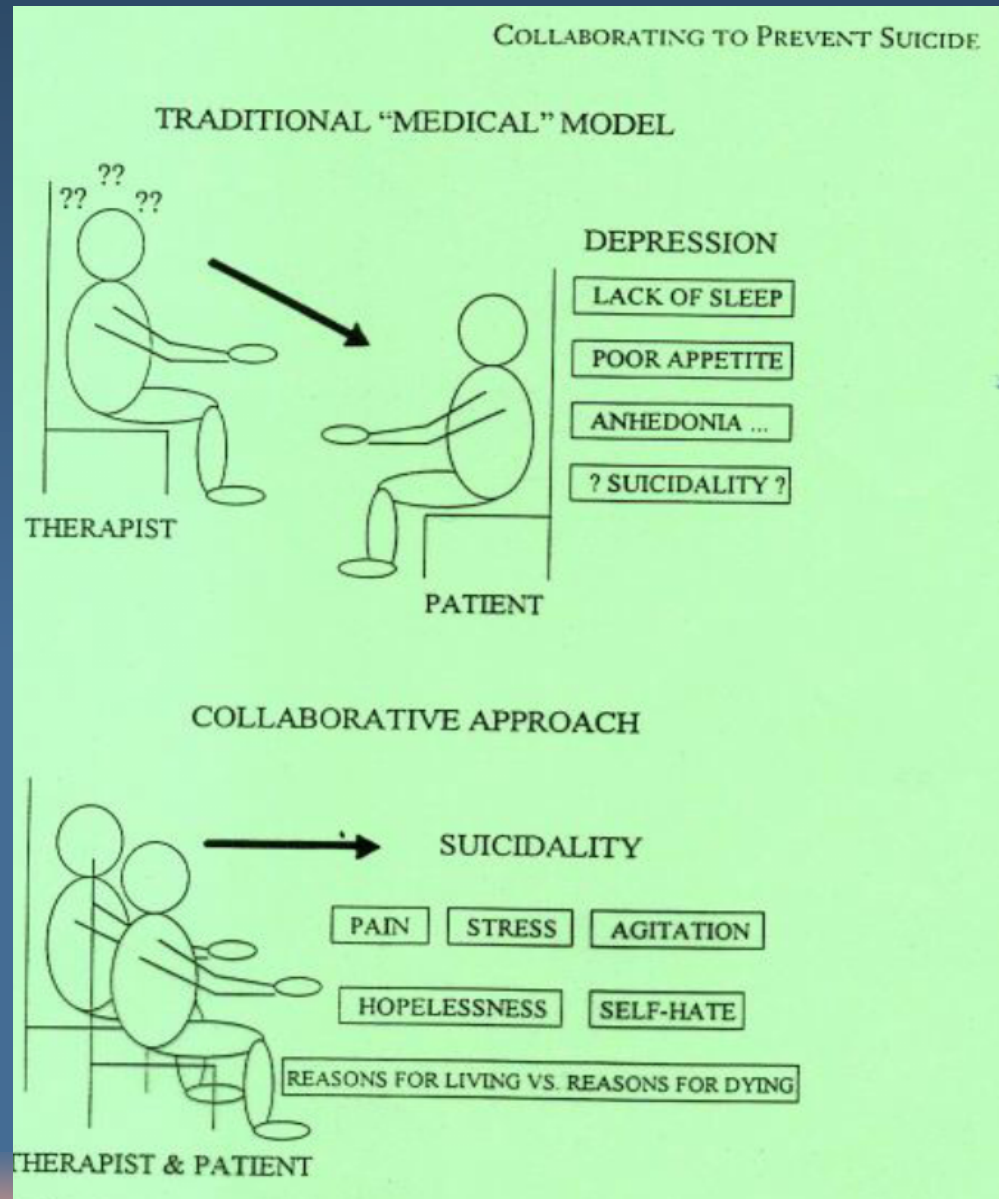
A clinician's journey to Aeschi Switzerland...



1999 AAS Presidential address...



The spark of a
shared idea



Aeschi Switzerland—March 2000



Aeschi II—March 2002



Discovering the Truth in Attempted Suicide—*American Journal of Psychotherapy* (Michel et al., 2002)

1. The goal must be to reach a shared understanding of the patient's suicidality.
2. There is a window of opportunity to reach a patient after an attempt to address their suffering, mental pain, and total loss of self-respect.
3. The clinician's attitude should be non-judgmental and supportive.

AJP conclusions continued...

4. A suicide crisis has a history—self-narratives are crucial.
5. The patient is not a specimen, defined by their symptoms and psychopathology.
6. The goal, even in a first interview, is to form a therapeutic relationship which requires empathy and an understanding of the patient's logic related to the suicidal urge.

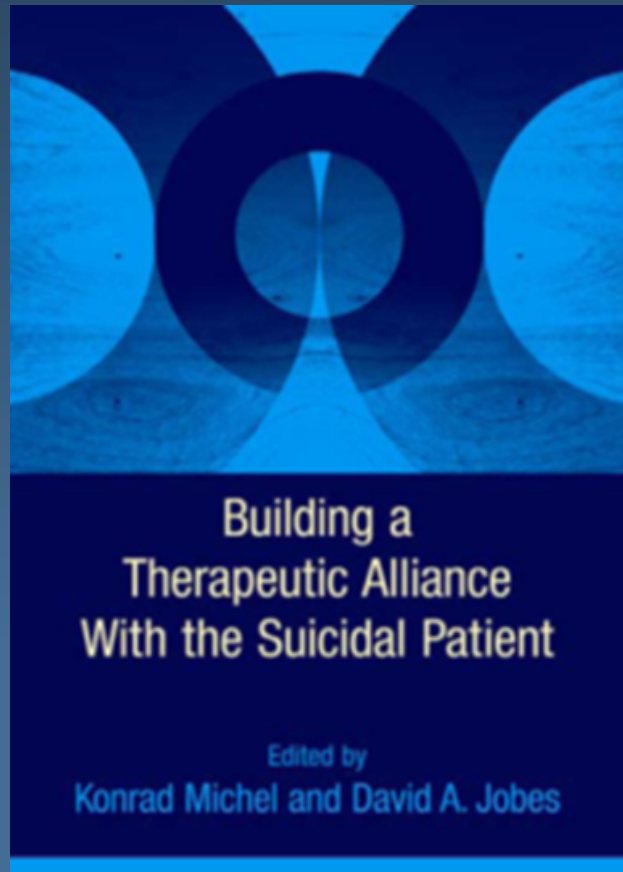
Aeschi III—March 2004



Aeschi IV, V, VI...



The Pivot to Aeschi-West in Colorado...



 Mayo School of Continuous Professional Development

Aeschi West: Basic Principles in Working with Suicidal Patients

May 30 - June 1, 2013 - Sonnenalp Resort, Vail, CO
Course Director: Bielewicz, J. Michael, M.D.



Aeschi West: Basic Principles in Working with Suicidal Patients" will be the inaugural theme of a Mayo Clinic-sponsored three-day conference in Vail, Colorado, May 30-June 1, 2013. Organized around highly interactive lectures, videotaped interviews, seminars, and workshops, a limited number of participants will come to the Rockies to learn an innovative approach for working with suicidal patients. Drawing upon principles developed in a series of conferences at Aeschi, Switzerland, the Aeschi approach emphasized the importance of therapist-client collaboration in eliciting narratives of mental anguish that culminate in suicidal behavior.

19.50 Credits

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June 11-13, 2015

Sonnenalp Resort
Vail, Colorado

**Register Online Now
for Early Registration Discount!**
ce.mayoclinic.edu Search: Aeschi



An Aeschi conference inspired poem...

- *Breathtakingly beautiful
Amidst snow clad mountains
Is the little village of Aeschi
Unspoilt and pure
Tucked away from the world*
- *Nations gathered
People mingled
Ideas shared
Concerns discussed
Thoughts developed
To serve others
In alleviating anguish*
- *interactive and dynamic
Knowledgeable and innovative
Research, lectures, and
workshops
Presented with clarity
Inspiring us to move forwards*
- *Motivation maintained
Enthusiasm retained
Curiosity aroused
Hope rekindled*
- *Hearts glowing warmly
We take our leave
Feeling happy and fulfilled*
- By Savi Anthony, M.D.
New Zealand

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Questions & Discussion