



*Surviving the Aftermath of Suicide  
with Karen Wyatt*

AGENDA

9:30 – 12:00

1. Understanding suicide
  - Facts about suicide
  - Risk factors for suicide
  - Childhood trauma and suicide
2. ACTIVITY and DISCUSSION: Utilizing the ACE Quiz to evaluate Adverse Childhood Experiences
3. A simple perspective on suicide
  1. Will to live vs. Pain of Living
    - Factors that enhance the will to live
4. JOURNALING ACTIVITY: What supports your own will to live?
5. BREAK 15 min
6. Challenges faced by suicide survivors
7. Tools for surviving suicide
  1. Presence
    - Gratitude
    - Meaning-making
    - Forgiveness
8. ACTIVITY and DISCUSSION: 4-View Process for Forgiveness
9. Summary and Conclusion

LEARNING OBJECTIVES:

Following the webinar, participants will be able to:

1. Describe the major risk factors for suicide, including childhood trauma
2. Identify the complications faced by suicide survivors as they grieve
3. Utilize tools to assist suicide survivors in their grief process