Contextual conceptual suicide therapy and mental health

Contextual-Conceptual Therapy (CCT) is a new and exciting approach to suicide therapy. It was developed by Fredric Matteson, through his 25 years' experience with over 16,000 suicidal patients at St. Francis Hospital in Seattle, Washington. Matteson's unique approach combines expressive arts techniques, education, and therapy. CCT frames suicide as an identity crisis, not as an illness; effectiveness is not medication-based. Matteson argues that reasoning, traditional approaches and medication may help the suicidal person for a while - but often cannot really reach them deeply enough to end their suffering. CCT, in contrast, teaches people about psychological defence mechanisms and helps them to discover and understand the root of their suicidal thinking, guides them to see themselves and their relationships in a new way, and provides personalized tools for on-going self-care. CCT listens closely to the client's own language and builds upon the client's strength and passion. With the help of metaphors, the CCT practitioner guides the client to see themselves and their relationships in a new context, a new framework that bypasses the specious logic that binds them. The suicidal person's moment of crisis becomes their moment of transformation. CCT is not in competition with other theories - but functions more as a forerunner, and is entirely complementary with other counselling models in a hierarchical manner. Many former CCT-clients have reported an end to their suicidal thinking, even years after their therapy.

Biography

Gitti Maas as an Integrative-Humanistic Counsellor sees human beings as whole people. In her work she draws mainly from the theories of Gestalt-, Existential-, and Person-Centred-Therapy. She integrate elements of Mindfulness and Meditation. She provides a safe environment, a trusting relationship, support and warmth to the clients. She seeks to assist people who are in crisis and/or are searching for meaning and purpose in life. She believes that, all of us constantly remake and discover ourselves throughout our lifetime and have a capacity for self-awareness, freedom of choice, responsibility and self-healing. Through awareness and insight we can resolve our problems and make constructive changes to our lives when and where appropriate. As her client, one can use counselling as a tool which can assist to define one's own values, and choose a course of action that is right. Through exploration and reflection and through increased awareness of experience in the present moment, she and her client can work together to deepen self-knowledge, to empower to make new choices, and to further develop client's ability to tolerate and cope with life's challenges. This can lead to an increased experience of unity and wholeness of thinking, feeling and behaving.

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