

## Deconstruction suicidal ideas through brief therapy and positive psychology strategies

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**S**uicidal behavior is a complex process; include ideas about death, depression, hopelessness and sometime the idea that everything will be better if the person won't be in the world. Research suggests that when this process is repeated, without receiving an effective treatment, it is possible to consummate the act of suicide. From the past ten years we have been using a model of Brief Therapy to offer students an option that helps them

deconstruct depression, and suicidal ideation. This model incorporated strategies from Positive Psychology that have being useful working with this idea. We have the objectives: to describe the model we are using and present some of the strategies of positive psychology we have employed in the clinic.

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