

Clinical Psychology Interns' Lived Experience with Suicidal Clients

Authors : Elaine Llantos Elayda, John Mark S. Distor

Abstract : This paper explores the lived experiences of clinical psychology interns' who have encountered suicidal clients during their internship. Employing qualitative phenomenological investigation, semi-structured interviews were conducted and analyzed using interpretative phenomenological analysis (IPA). The study employed purposive sampling to gather valuable data. The results highlighted that those encounters with suicidal clients triggered various reactions among interns, leading to self-doubt and a sense of unpreparedness in handling such cases. Many interns struggled with managing their own emotions, especially when clients' traumas mirrored their own experiences. The study emphasized the importance of a robust support system in helping interns cope with the challenges of their work. Supervision and professional support played critical roles in interns' development, providing guidance and enhancing their confidence in managing distressing situations. Despite the challenges, the interns found purpose in witnessing significant client progress and emphasized the importance of self-care and ongoing training to prepare future clinicians for similar experiences.

Keywords : polytechnic university of the Philippines, clinical psychology interns, suicidal clients, clinical psychology training

Conference Title : ICMHW 2024 : International Conference on Mental Health and Wellness

Conference Location : Bali, Indonesia

Conference Dates : October 24-25, 2024