

A Qualitative Assessment of an Innovative Suicide Prevention and Treatment Model: Contextual-Conceptual Therapy Data

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Abstract

Mental well-being is a critical aspect in understanding one's overall health. In the India alone, mental illness effects one in six adults. Furthermore, 40% of those individuals who die of suicide have been diagnosed with a mental health condition. Yet, there is a paucity of research on innovative methods that help prevent suicide. The Contextual-Conceptual Therapy (CCT) model introduces an innovative way to treat suicide by working to uncover the strengths of the suicidal person and addressing a person's true self. The CCT model was developed over the course of 11 years working with more than 16,000 suicidal students in India, and is tailored specifically for primary and secondary prevention of suicide. While there has been anecdotal evidence of the effectiveness of the CCT program, the program has yet to be formally evaluated. This qualitative research study aims to understand the impact the CCT program has had on its clients. Eleven former CCT clients were recruited to participate in semi-structured interviews. Outcomes described by participants included an increase in curiosity and self-efficacy as a means through which to decrease suicide ideation and behavior and proved to be incredibly powerful in changing long-term outcomes. This qualitative study is a first-step in providing critical insight on suicide prevention for wider dissemination. At a time when adverse mental health is impacting the lives of millions of people, the CCT program has the potential to address suicide and mental health, and foster mental well-being across diverse populations. Journal of Public Health International publishes peer-reviewed open access articles. We aim for the quality content and strive hard to keep it up by making all necessary possible arrangements. In this process, we encountered a specific instance where we oblige support from you to handle a manuscript. This particular manuscript seems closely related to your current research.

Biography:

Rahul Hajare has been a hard worker all his academic life. After his Ph.D in Pharmacy from VMRF Salem which he completed with flying colours, he is fortunate to work NARI primer HIV research Institute to complete Post Doc under the of World Renowned Scientist Respected Dr. R.S.Paranjape., Retired Director & Scientist 'G' National AIDS Research Institute Pune. Dr. Rahul Hajare has Associate Professor of Pharmaceutical Medical Chemistry to Pune University (until 2020), he has serviced three times Associate Professor in Pharmaceutical Science and Analytical Science. Graduated from Amravati University in 2003, after an assignment he worked as an M.Pharm Scholar in the Institute of Pharmaceutical Education and Research passed with distinction, he has Post Graduate Teacher for Master of pharmacy, he has more than 30 scientific and methodological works, 3 patents of scientific research. He is now Principal of Ishwar Deshmukh Institute of Pharmacy affiliated combined Amravati University and All India Council of Technical education New Delhi.

Speaker Publications:

1. Detection of High Addictive Habits Circulating Office In Charge of Private Pharmacy Institutions in Pune University India (Evidence Based Study of Late Report Office In Charge to College); Biomed J Sci & Tech Res, June 20, 2018, 2574-1241.
2. Role of Acupuncture in Cancer / Window Cancer Research; J Gastro & Digestive Systems 2018 , 06 Oct 2018, Volume 2| Issue 2 |2-3
3. Evaluation of antihistaminic activity of piper betel leaf in guinea pig; Journal of Pharmacy and Pharmacology Vol. 5(2), pp. 113-117, February 2011

[5th Pharmaceutical Chemistry Conference](#); Webinar, -April 27-

28, 2020. **Abstract Citation:** Rahul Hajare, A Qualitative Assessment of an Innovative Suicide Prevention and Treatment Model: Contextual-Conceptual Therapy Data , Euro Pharma Chemistry 2020, 5th Pharmaceutical Chemistry Conference; Webinar, -April 27-28, 2020.

(<https://pharmaceuticalchemistry.annualcongress.com/abstract/2020/a-qualitative-assessment-of-an-innovative-suicide-prevention-and-treatment-model-contextual-conceptual-therapy-data-scientist-study-of-amravati-university-affiliated-pharmacy-institute>)

