

## Title: Opting In: How Spirituality Saved My Life From Suicidal Crisis

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1. At the conclusion of this presentation the participant will be able to discuss the principals and practices of spiritual psychology to use in healing suicidal ideation.
2. At the conclusion of this presentation the participant will be able to demonstrate how to use spirituality to find meaning/ purpose/ and direction when feeling lost and alone.
3. At the conclusion of this presentation the participant will be able to evaluate an alternative method of understanding suicidal thoughts and understand how to use this alternative method to heal deep sources of pain, loss, thwarted belongingness, and perceived burdensomeness.

Abstract: Starting in high school I thought about killing myself all the time. I tried many times and many different ways. I just couldn't seem to do it. My life was a nightmare I could not escape, and I was all alone. Not one single person knew my struggle. Nothing seemed to help and I felt so hopeless. I hit suicidal crisis and came close to killing myself. As I drove home that night, knowing I was going to die a peace came over me. I had a new thought... the still small voice. This voice would appear several times in the next several years guiding me on a remarkable journey of healing, hope, and service. Along the way I used this divine guidance to participate in life in a new way. I will use an activity to give participants an experience of accessing their own intuition and ways to create a practice to do this in their own lives. Instead of solely relying on the goal line of life, I discovered a second line— the soul line. I now had new purpose and reason for living— one that actually worked for me. As I share my spiritual journey out of clinical depression and hopelessness we will discuss the principals and practices of spiritual psychology; which not only saved my life, but also allowed me to thrive. We will cover such things as intention, non attachment, adapting to mistakes, attunement, good connection between mind and body, embracing uncertainty, patience, and connection. I will not only share how these tools worked in my own life, but how they have helped other clients and how they can be applied to participants. We will have hands on activities, which leave participants with an experience rather than just more information.