

Psychoautopsy of a Suicide

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Short Communication

Abstract

Every one of us at one point or the other of our life would have entertained the idea of Suicide. One, who is depressed, may feel suicidal. One, who is under severe stress, may feel suicidal. Usually, an attempt to commit suicide is a cry for help. This presentation would try to explore what is a suicide, the history of suicidology, its different types and the most common causes behind any suicide. Memory and language difficulties worsen as cognitive abilities deteriorate with age. It is now widely accepted that brain changes will occur years before a person exhibits symptoms. This creates an opportunity to either avoid or postpone the onset of these disorders at an early stage. Until recently, the scientific and clinical communities focused on identifying and treating these disorders only after symptoms appeared. Dementia causes a significant amount of long-term, stable, and progressive cognitive impairment. Memory loss, subtle behavioral changes, and impaired judgment are among the early symptoms. Language and communication difficulties develop as the disease progresses. Cognitive retraining aims to improve and/or restore cognitive functions directly. It is similar to a teaching process in that it focuses on areas of neuro-psychological functioning that are involved in learning and basic day-to-day functioning. It consists of a variety of pen-and-paper or computerized tasks or games that require cognitive abilities. Many Cognitive Retraining methods are now used in the development of computer software. Such non-pharmacological therapies (NPTs) can even improve the quality of life (QoL) of people with Alzheimer's disease (AD) and their caregivers, according to various studies. Neuroplasticity claims that the adult brain is not entirely hard wired with fixed neuronal circuits. There are many instances of cortical and sub cortical rewiring of neuronal circuits in response to training as well as in response to injury. There is a solid evidence that neuro-genesis (birth of new brain cells) occurs even in adult mammalian brain and such changes can persist and continue well in to old age. According to research findings, there is a high potential for cognitive function change to occur as a result of these retraining programs. My presentation would explain the basic details about what is Dementia, its signs and symptoms, its various types and what is neuroplasticity and cognitive retraining for Dementia.

Biography

Kannamma Ramanujam is qualified with MA. MPhil., Phd (psychology). Developed a cognitive retraining module in the regional language for elders with cognitive decline and presented it as my Phd thesis.

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