

Individualized Sessions: Suicide Prevention Through Mindfulness Training Outcomes Summary

August 28, 2025

Andrew Safer conducted an individualized eight-week workshop series, “Suicide Prevention Through Mindfulness Training”, in St. John’s from July 3rd to August 21st.

A male with suicidal thoughts (Jonathan—not his real name), supported by Clarissa (not her real name), attended the weekly 1-hr. sessions on Zoom, with perfect attendance.

Clarissa had seen a poster in the hospital about the workshop series that was held in the Spring.

Clarissa paid for the eight sessions @ \$125/each, as there was no sponsor.

The weekly topics were:

1. How Does Mindfulness Help?
2. Grounding and Mindfulness Practice
3. Being Present and Mindfulness in Everyday Life
4. Birthright of Goodness: Discovering Inner Resources
5. Self-Judgment vs. Kindness: Making Friends with Yourself
6. Stress & Anxiety: The Power of Pausing
7. ‘Rumination & Disengaging from Thoughts
8. A New Way to Relate to Feelings and Emotions

Each session included a check-in, Mindfulness instruction, guidance and practice, presentation on the day’s topic, and Q&A/discussion. Between sessions, participants were assigned readings from *Anxiety, Stress & Mindfulness* (by Andrew Safer), emailed links to relevant articles/videos, and encouraged to practice daily.

In order to measure change between the beginning and end of the program, participant responses to 18 questions on the pre- and post- evaluations were compared. Each participant used a unique personal code in lieu of their names, for anonymity. These number-and-letter combinations were matched pre/post.

Note that lower scores indicate agreement with statements, correlating to poorer mental health; a positive change in scores from pre- to post-course assessment indicates that participants agreed less/disagreed more with the statements, suggesting overall gains in the way they related to their thoughts, feelings, emotions, and a present-moment orientation.

Following are the 18 evaluation statements, with the greatest improvements over the eight weeks shown in descending order.

Participants were asked to select one of the following for each statement:

- 1 Strongly Agree; 2 Agree; 3 Neither Agree, Nor Disagree;
4 Disagree; 5 Strongly Disagree

Jonathan

Clarissa

	Evaluation Statement	Pre	Post	Change	Pre	Post	Change
1.	I don't have confidence in my ability to deal with the stressful things that happen to me.	1	4	300%	3	4	33%
2.	The voice in my head can make me feel anxious and I don't know how to pause or interrupt this pattern.	1	4	300%	3	4	33%
3.	I think over and over about things that have already happened.	1	3	200%	3	4	33%
4.	I feel like I am alone in the world.	1	3	200%	4	5	25%
5.	I have thoughts about suicide often.	2	5	150%	4	5	25%
6.	These suicidal thoughts are persuasive: I can see myself acting on them at some point.	2	5	150%	5	5	0%
7.	This pattern of not being fully present in my immediate experience is normal for me.	2	4	100%	4	4	0%
8.	Staying in the present hurts so much I prefer to run away from what is unpleasant.	2	4	100%	3	5	67%
9.	I always have the feeling that there is something I should be doing to get rid of my troubling emotions.	2	4	100%	2	3	50%
10.	I feel like I have no control over my thoughts, moods and feelings.	2	4	100%	3	4	33%
11.	When I have negative thoughts,						

	they overwhelm me and I don't have any tools to deal with it.	2	4	100%	2	4	100%
12.	When I start thinking of something that concerns me, I can't get it out of my mind.	1	2	100%	3	3	.0%
13.	I often don't feel grounded in my body.	3	5	67%	3	5	67%
14.	I have difficulty accepting things as they are.	3	4	33%	4	4	0%
15.	I am worried about the future.	3	4	33%	4	4	0%
16.	I don't believe I can make a difference in my life.	4	5	25%	4	5	25%
17.	I am not kind towards myself.	2	2	0%	4	4	0%
18.	I go around most of the time without paying attention to my surroundings.	5	5	0%	2	4	100%

Average Improvement..... .82%..... 27%

Suicidal Thoughts:

In response to both of the statements about a) frequency of suicidal thoughts, and b) their persuasiveness and seeing oneself acting on them at some point, Jonathan indicated a 150% improvement, going from Agree to Strongly Disagree.

Evaluation Questions	Pre	Post
Jonathan: On a scale where 1 is the lowest intensity, and 10 is the highest, the intensity of my suicidal thoughts is _____	8	2
When I have suicidal thoughts, they generally last (complete one): minutes/hours/days.	[No answer]	Maybe a second

Helpfulness

Asked to rate how helpful they found the program on a scale of 1 to 10, each participant rated it a 10.

Asked about their ongoing Mindfulness practice, Jonathan said he is practicing 30 minutes per day; his mother said she is practicing 15 minutes per day.

- How has this Mindfulness training helped you deal with suicidal thoughts?

(Jonathan)

- “Created confidence and peace with myself to do things that improve my life.
- Provided a way to silence my inner critic.
- Made me aware of how connected I am to the world
- Made me feel like I have agency.”

Although Clarissa did not have suicidal thoughts, she indicated how it helped her.

- “It’s helped me stay in the present and appreciate what is in front of me.”
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