



**The Campbell Method™:**

# **REAL TALK ABOUT SUICIDE**

**MEET THE NEED =  
SAVE A LIFE™**



**Setting Straight the Topic of Suicide  
with Dr. Victoria Campbell, PsyD, LCSW**

The Campbell Method, a logical, mathematical and realistic approach to mental health issues, is a proven solution in suicidality education training.

# Suicide Intervention Skills

## THE ACT OF SUICIDE... IS A SPLIT SECOND DECISION

The door to save a life is open **97%** of the time. Are you willing to walk through this door? Because, suicide is not about dying, it's about ending pain for good.

The goal of the Campbell Method is to destabilize the myths, taboos and social perspectives surrounding suicide, by addressing suicide, directly. Our method applies our Meet the Need = Save a Life Training, a hands-on approach to recognizing, understanding, and communicating with a suicidal person, along with using the applied science of the Perturbation Theory, which allows us to recognize smaller, scalable solutions that lead to suicidal death avoidance.



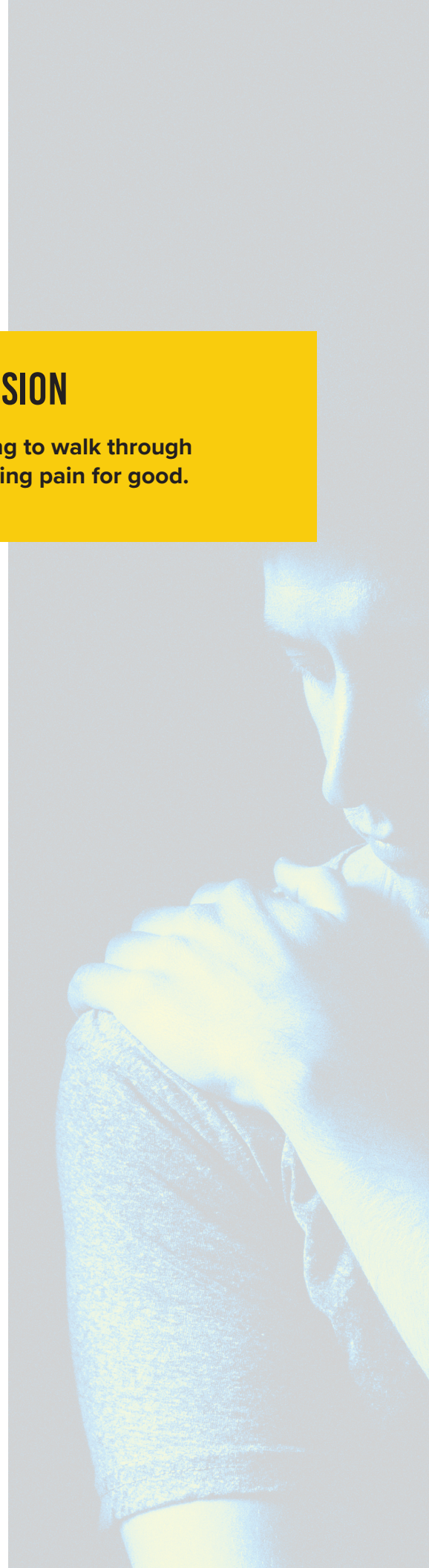
### Why this method?

97% of suicides are preventable, why is suicide prevention training not working? Our method is not prevention, but a how-to training that tackles suicide head-on, presenting education to understand the suicidal mind, so we can address the roots of the problem a suicidal person may be facing. Looking to quantifiable measures such as a person's general coping mechanisms, world view, personal relations, support systems, parenting skills, communication skills, finances, even basic health, and wellness to better understand a logical way to help and support a suicidal person.



### The Perturbation Theory

When you apply this quantum mechanical equation to the suicidal mind and mental health, it provides a hierarchy of problems with obtainable solutions in a logical sequence. We begin with the large problem, suicide, and use the middle-step to break that large problem into small, perturbed parts. The solutions to the smaller parts then become the solution to the greater problem itself.





# Meet The Need = Save A Life<sub>T</sub> Training

We begin by training real people in an engaging and participatory learning experience with reciprocal dialogue to learn exactly how to “Meet the Need” of a suicidal person by recognizing, understanding and communicating to their state of being. Dispelling the myths around suicidality are critical. By asking a series of questions, you will learn how a suicidal person will answer these questions and how to respond to those answers is the key component in helping “Save A Life”. 90% of human language is communicated through body language, which is nonverbal. Learning how to read these non verbal cues is another way you can Meet the Need = Save a Life of someone who is suicidal.

EACH DAY IS A NEW  
OPPORTUNITY  
TO START FRESH.

## ABOUT

### Dr. Victoria Campbell, PsyD, LCSW



Experienced professional (12+ years) with extensive knowledge in both applying clinical practice as well as educational material composition and training within the field of mental health, suicide pre/postvention, intervention, & suicidality education, healthy relationships, communication training, resiliency, psychological first aid, substance abuse, negotiation, and trauma.

## TRAINING:

Has trained over 10,000 attendees on psychoeducational topics, sexual assault prevention, domestic violence prevention, crisis event management, mass causality management, staff care, self-care, suicidality education, leadership, and communication.

At the request of and in collaboration with MG Sims, Dr. Campbell designed, lead, and analyzed the results of the first ever Wellness check on Ft. Carson, CO (2016-2017) which culminated in a briefing of the results of this initiative to GEN Robert Abrams in May 2017.

Dr. Campbell's training program is a registered, copyrighted, and trademarked program which has produced results that demonstrated its effectiveness at a rate of 97% for those who have attended the program. The goal of this model and program is to empower attendees through knowledge enhancement and skill-based learning while normalizing help seeking behavior from a proactive approach.

#### Contact

Email: [info@thecampbellmethod.com](mailto:info@thecampbellmethod.com)  
Website: [thecampbellmethod.com](http://thecampbellmethod.com)  
Phone: (571) 932-3362

