

# **New Approaches for Understanding and Preventing Suicide: The Three-Step Theory of Suicide and the Ideation-to-Action Framework**

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"Klonsky and May (2014) suggested that an 'ideation-to-action' framework should guide all suicide theory, research, and prevention. From this perspective, 1) the development of suicide ideation and 2) the progression from ideation to suicide attempts should be viewed as distinct processes with distinct explanations. The framework is important because most people with suicidal ideation never attempt, and because most oft-cited risk factors for suicide – including depression, hopelessness, most psychiatric disorders, and even impulsivity – fail to distinguish attempters from ideators without attempts. This talk will elaborate the rationale for the ideation-to-action framework, and describe a new theory of suicide positioned within this framework: the Three-Step Theory (3ST; Klonsky & May, 2015)."