



HELPING WITHOUT HARMING (NEW EDITION) Relinquishing the saviour role and encouraging participation

Dr. Suzanne Lamarre

A psychiatrist's four surprising discoveries for coping with the complexity of life problems and mental health in participatory contexts.

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The first edition of *Helping Without Harming*, in 1998, helped raise awareness about the harmful effects, both on the helper and the person being helped, of believing in the saviour role. In the book, Dr. Suzanne Lamarre described the protectionist model and how it breaks down to the point where it exhausts the protector and causes rejection of the person being protected, who will have become both dependent and demanding. 25 years later, we cannot ignore the evidence of burnout in a large number of caregivers and healthcare professionals, who continue to play the role of saviour, and the mental health disorders that are occurring among even the best of them, all exacerbated, of course, by the pandemic. Everything is set for a new culture to emerge: knowledge about the brain's neuroplasticity, our openness to mindfulness and meditation, universal access to many virtual resources offering new therapies and self-care, etc. Everyone can now become equally responsible for his or her own health, in a balanced relationship between the caregiver and the cared for, while continuing to learn from others in an ongoing process. In this indispensable book, Dr. Lamarre guides you past the pitfalls you might encounter in the transition toward a participatory model of care.

Strong points

Readers will learn:

- to recognize the physical signs of chronic stress at the root of many illnesses;
- to distinguish closed systems, where everything can be predicted, from open systems, where chaos is constantly being reorganized;
- to create liberating connections, instead of strengthening those that suffocate;
- to be wary of their own "inner accomplice", who helps others take control;
- to get out of a difficult situation without getting sick.

Subjects: psychiatry, mental health, attachment disorder, trauma, self-protection, mindfulness, saviour complex, caregiver burnout

Suzanne Lamarre has worked in psychiatric emergency and crisis services throughout her career. An assistant professor in McGill University's Department of Psychiatry, she headed the Department of Psychiatry at St. Mary's Hospital from 2004 to 2012. She was the president of the International Association for Emergency Psychiatry in the 1980s. Suicide prevention and support for suicidal individuals have long been part of her routine. She is interested in the complexity of people experiencing mental health problems and is committed to adapting professional intervention tools to make them available to everyone. She is currently president of the science committee of the caring and mindfulness program at the Montreal Institute of Applied Mindfulness (MIAM).

By the same author:
**HOW TO CHOOSE
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