

Will's Choice: A Suicidal Teen, a Desperate Mother, and a Chronicle of Recovery (2005). Gail Griffith, New York: HarperCollins, 336 pp., US\$24.95.

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Article:

A worst fear of most counselors is a client who attempts or commits suicide. While a counselor focuses on the safety of the client, he or she sometimes may forget about the impact on the family and friends of the suicidal client. *Will's Choice* is a true story about an adolescent youth who battled with depression, ultimately attempting suicide, and the journey of his recovery. The unique aspect of this book is that the story is written from Will's mother's perspective—her lack of understanding the attempted suicide, her reactions in the moment of the crisis and in the emergency room waiting to see if her son would live, and the impact the suicide attempt had on all members of the family. She details the changes in familial relationships and trust and the difficult decisions her family had to make about the aftercare of Will, her son. The author, Will's mother, also includes clinical case notes from Will's emergency room visit, inpatient hospitalization, and counseling sessions—including assessments, diagnoses, treatment plans, and prognoses. In addition, his mother provides diary entries from Will throughout the process. This true-life account provides a bird's eye view of a crisis situation that not only involves the client but the entire family. Gail, the author, also provides research about suicide and depression and information on the problems with medication for depressed adolescents. This book is great for clinicians working with depressed adolescents to gain an idea of the impact of depression and suicide attempts—not only on the youth but also on the immediate family. This book could be used in crisis intervention classes, practicum and/or internship courses, and by licensed professional counselors who have been in the field for many years.