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Chapter 7

33. Watch the video “Suicide” below and then answer the following questions: What do you think was the primary cause of Bernard Loiseau’s suicide? Identify the components of Bernard’s pessimistic explanatory style? Was Bernard’s suicide inevitable? What forms of therapy might be useful in treating potential victims of suicide?

-I believe the primary cause of Bernard Loiseau’s suicide was a combination of depression and an obsession of perfection. His wife stated that he was obsessed with getting a 3-star restaurant rating since he was fifteen years of age. Along with not being able to regulate why he felt so depressed or even looking into possible getting professional help it just festered until he just gave up. Bernard may have had a case of bipolar disorder but because he was so great at what he did being a chef which was his art, his form of creativity, I believe his underlying factors that would have highlighted a disorder was overlooked. Things that Bernard said that highlighted his pessimistic explanatory style was for one when his wife had their second child and seeing how extremely upset, he was that the timing was not great for what he was doing in life is an example. Another example was when he mentioned to his wife that the press was trying to kill him based on what was written in the papers and what he thought was going to be written in a well-known book of great chefs and restaurants. In a sense he became paranoid which did not help with his obsession to be the best and his depressive state. I do not think his suicide was inevitable, if someone could have picked up on the signs and gave him the help, he needed there might have been a different outcome. Some forms of therapy that might be useful in treating potential victims of suicide would be psychological therapy and suicide prevention.