

Outline

The Guiding Principles

Suicide Research

The Neurobiological Basis of Suicide

Who Is At Risk?

Mental Disorders

- Depression
- Anxiety
- Trauma
- Psychosis
- Addictions
- Personality Disorders
- Other DSM-5® Considerations

Social Stress Factors

- Adults Factors
- Adolescent Factors
- Childhood Factors

Psychological Vulnerabilities

- Performance Anxiety
- Emotional Constriction
- Defenseless Personality

Adaptive Suicide Protectors

Maladaptive Suicide Protectors

Fueling Emotions to Suicide and Self-Harm

Non Suicidal Self-Injury (NSSI) - The Self-Harming Population

All Behaviors Are Purposeful!

Relief from:

- Dissociative Conditions
- Self-Hate
- Emotional Constriction
- Psychosis

Anxiety and/or Depression

Loneliness, Isolation, Abandonment, Rejection

The Suicidal Population

Suicide Rehearsal - The Seventh Goal of NSSI

The Ideator

Suicide Threats for Secondary Gain

The Attempter/Completer

Assessment of Risk

When to Hospitalize the Ideator

Six Week Warning Signs for the Suicide Completer

Six Day Warning Signs For the Suicide Completer

Treatment Considerations for NSSI and Suicidal Populations

Identify the Locus Of Pain

Empathic Regard

Provide Alternatives

The Role Of Motivation

Reasons For Living

The Continuous Hope Providing Relationship

Mindfulness

Relationship Effectiveness

Opening Up Your Emotional Door

Emotional Regulation

The Safety Plan

The Crisis Plan

Avoid "Contracts"

The Therapist as a Survivor of Suicide

Seminar Schedule:

7:30	Registration/Morning Coffee & Tea
8:00	Program begins
11:50-1:00	Lunch (on your own)
4:00	Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

Objectives

1. Implement a risk assessment strategy that helps clinicians determine which clients present the highest risk for suicide and self-harm.
2. Analyze the concept of suicide "contracts" and communicate their impacts on clients, clinicians, and clinical vigilance.
3. Explain how intent differentiates self-mutilation from suicide attempts and accurately identify the one form of self-mutilation that is a warning sign for potential suicide completion.
4. Implement techniques for effectively intervening in crisis situations and develop a strategy for determining when and how to hospitalize clients.
5. Articulate the role of addictions in the suicidal and self-mutilating population and employ a multi-faceted therapeutic approach that ensures client safety and addresses treatment of the addiction.
6. Determine the purpose behind self-injuring behavior and communicate how alternative coping strategies can be introduced in therapy to help clients manage triggering situations without engaging in self-harm.



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Learn from one of the best! **Jack Klott**
Nationally Recognized Suicidologist, Author, Expert

- Assessment strategies to determine high risk
- Danger - "contracts" with your clients
- Essential techniques with suicidal and self-harming clients
- Learn how "fear of litigation" severely detracts from our ability to help
- When to hospitalize and when to NOT

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A Non-Profit Organization serving the educational needs of mental health professionals since 1979.

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Suicide & Self-Harm

Stopping the Pain

Your client just revealed that she's having suicidal thoughts...what do you do?

Does she have a gun? Has she written letters? Picked a location? Have hope something will change and doesn't want to hurt family and friends?

Asking your client, "where do you hurt?" often reveals the focus of the suicidal intent or the purpose of self-harm behaviors. As a clinician, it's important to remember that even though you view suicide and self-harm behaviors as dysfunctional and maladaptive, your client views them as purpose-driven means of eliminating or managing unbearable levels of pain. For your client, these behaviors are beneficial, attractive, and helpful.

Even the most seasoned therapists struggle to develop an empathic view of their client's devastating methods of managing emotional pain. Learning how to help clients discover the sources of their pain and providing them with healthy options for solving and managing these struggles in their lives is the key to hope.

Through case studies observed in his 45 years as a counselor and suicidologist, Jack Klott brings to life the ideas, theories and concepts you need to help your clients:

- Identify the seven goals of self-harm
- Implement a risk assessment strategy to determine who presents the highest risk for suicide and self-harm
- Recognize the profound danger of engaging in "contracts" with your clients
- Discuss the four essential elements of therapy with suicidal and self-harming clients
- Understand how "fear of litigation" can severely detract from your ability to help the suicidal population

Join Jack for this one-of-a-kind seminar and learn how to help your clients confront the darkness of suicide and self-harm behaviors. Register today!

Speaker

Jack Klott, MSSA, LCSW, CSWW, Suicidologist and national speaker has helped and educated tens of thousands in his 45 years of suicide and self-harm client work. Jack is a 35-year member of the American Association of Suicidology and was a founder of the Michigan Association of Suicidology (where he has been recognized for his contribution to suicide prevention in Michigan). He authored the national best-sellers *The Suicide and Homicide Risk Assessment and Prevention Treatment Planner* (Wiley, 2004), *The Co-Occurring Disorders Treatment Planner* (Wiley, 2006), and *Suicide and Psychological Pain: Prevention That Works* (PESI Publishing & Media, 2012). He is a popular and sought after seminar speaker on suicide prevention, motivational interviewing, co-occurring disorders and the DSM[®]. Attendees rave about his unique teaching gift of weaving expertise, passion and compassion into practical, understandable and usable information.

Speaker Disclosure:

Financial: Jack Klott receives royalties as an author for PESI Publishing & Media and Wiley & Son Publishing. He receives a speaking honorarium from PESI, Inc.

Non-financial: Jack Klott is a member of the American Association of Suicidology; and the Michigan Association for Suicide Prevention.

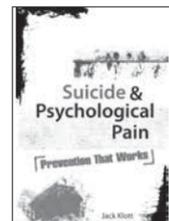
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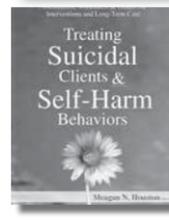


Suicide & Psychological Pain

Prevention that Works

By Jack Klott, Your Presenter!

Identify suicide potential from the latest clinical research on risk factors, the impact of mental disorders, social stressors, and psychological vulnerability. Inside you will find tools to help those individuals who are engaging in self-injury and homicidal behaviors. Filled with specific examples and stories, effective assessments, strategies for treatment planning, and evidence-based interventions this is an essential resource for all therapists.



Treating Suicidal Clients & Self-Harm Behaviors

Assessments, Worksheets & Guides for Interventions and Long-Term Care

By Meagan N Houston, Ph.D., SAP

Dr. Meagan N. Houston has created a workbook to prepare you for all the intricacies that affect clients' choices to live or die. Filled with proven assessments, unique worksheets and action-based methods to help your clients navigate and survive the turbulent periods. This complete resource also includes underlying etiology, varying life factors, and mental health concerns that influence suicidal and self-destructive behaviors

TARGET AUDIENCE: Social Workers • Psychologists • Counselors • Teachers • School Administrators • Marriage and Family Therapists • Case Managers • Addiction Counselors • Therapists • Nurses • Other Mental Health Professionals



PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**

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Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

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Registration Information

REGISTER: online, at www.pesi.com, or by phone, fax or mail. Credit card information, check, money order, or purchase order, along with the registration information, may be sent to PESI, Inc., PO Box 1000, Eau Claire, WI 54702. Registration confirmations are sent via email. All registrations must be prepaid. Walk-ins are welcome, but admission cannot be guaranteed. If registering a week prior to the seminar, please call for space availability, 800-844-8260, Monday through Friday, 7:00 am to 6:00 pm, CST.

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

ADA needs: We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

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PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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Go to www.pesi.com/students or call 800-844-8260 for details.

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Suicide & Self-Harm: Stopping the Pain

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