

Outline

Clients at Risk: Co-Occurring Disorders and Special Populations

Depressive disorders
Anxiety disorders
Trauma and stressor related disorders
Substance-related and addictive disorders
Risks in special population groups
adolescents, veterans, LGBTQ, and the elderly

The Relationship between Suicide and Self-Destructive Behavior

Non-Suicidal Self Injury (NSSI)
The latest research on what drives self-harming behavior
Is self-harm an attention-seeking behavior?
Does self-harm lead to suicide?
The question of intent
Maladaptive coping mechanisms and avoidance
Clinical screening approach for NSSI

Legally Sound Suicide Risk Assessment

10 essential components of a thorough risk assessment
Chronic and acute risk factors
Distinguishing morbid ideation vs. suicidal ideation
Imminent/chronic suicide risk
Self-care and consultation
Formal assessment tools for suicide

Manage Self-Harm Behaviors and Build Functional Coping Skills in Your Clients

Dialectical Behavior Therapy
Teach clients techniques to increase awareness of impulsive behavior
Communication and expressing avoided emotions
Replacement behaviors
Research limitations and treatment risks of psychotherapeutic approaches

Suicidal Behavior Treatment Strategies: CBT, DBT and Crisis Management Skills

Strategies to manage countertransference
Integrate the four key elements of crisis intervention into treatment
Strategies from CBT and DBT
Psychopharmacological intervention and management
Long-term care concerns and strategies
Tele-therapy & Social media
APA Guidelines
Texting – should you?
What to do when the suicidal client contacts you by phone/social media?
Research limitations and treatment risks of psychotherapeutic approaches
When (and How) to Hospitalize Clients
Ethical, legal implications and case studies
Confidentiality and minor clients
Informed consent and state-specific laws
Voluntary vs. involuntary commitment
When and how to use law enforcement

★ Satisfaction 100% Guaranteed ★

Objectives

- Establish how a risk management strategy that accounts for both acute and chronic risk factors can help clinicians to identify clients at increased risk of suicide completion.
- Discriminate between suicide behavior and self-harm behavior and articulate how this informs the clinicians therapeutic approach.
- Explore how counter-transference can interfere in the treatment of suicidal patients and learn how clinicians can manage emotion through awareness and self-restraint.
- Incorporate coping strategies into treatment plans for Non-Suicidal Self Injury that help clients manage triggering situations without engaging in self-harm.
- Communicate how to differentiate between morbid ideation and suicidal ideation, and establish how this information informs clinical approach.
- Articulate how social media, technology, and “tele-therapy” impact the clinician’s role in treating suicidal ideation, intent or plan.

Have a seminar idea? A manuscript to publish? The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Ryan Bartholomew at rbartholomew@pesi.com or call 715-855-8225.

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SUICIDAL CLIENTS AND SELF-HARM BEHAVIORS

Clinical Strategies to Confidently Address Two of the Most
Daunting (and Potentially Lethal) Scenarios You’ll Work With

ROCHESTER, MN
Wednesday, August 1, 2018

ROSEVILLE, MN
Thursday, August 2, 2018

BLOOMINGTON, MN
Friday, August 3, 2018

Register now! pesi.com/express/63670

SUICIDAL CLIENTS AND SELF-HARM BEHAVIORS

Clinical Strategies to Confidently Address Two of the Most
Daunting (and Potentially Lethal) Scenarios You’ll Work With

- Recognize key suicidal and self-injurious behaviors
- Crisis intervention techniques from DBT and CBT
- Ethical and legally sound suicide risk assessment techniques
- Specific strategies for working with children and adolescents, veterans, military personnel, LGBTQ and the elderly

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A Non-Profit Organization Connecting Knowledge with Need Since 1979



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SUICIDAL CLIENTS AND SELF-HARM BEHAVIORS

Suicidality is one of the scariest scenarios we work with. Your job literally becomes a life-or-death situation...one in which you hold a great deal of responsibility. Suicidal clients under extreme distress can leave you feeling overwhelmed and questioning your next move, and revelations of self-harm have you searching for answers they didn't teach you in school.

- How do I differentiate self-injurious behavior from suicidal behavior?
- Can self-harming lead to suicidal behavior?
- How do I protect my license and livelihood when working with suicidal clients?
- What do I do when crises situations arise?
- When, and how, do I hospitalize clients?

Given the high probability of encountering a client considering suicide or engaging in self-harming behavior at some point in your career, the preparation of graduate programs is not enough. With so much at stake you need to be ready to skillfully assess and manage suicide risks and self-harming behavior!

Attend this candid one-day seminar and leave feeling fully equipped to address the intricacies that affect your clients' choices to live or die. Beneficial to both seasoned and fledgling mental health practitioners, our experienced instructor will provide you with comprehensive approaches to effectively work with clients who present with suicidal and self-destructive behaviors.

Key Benefits of Attending:

- Risk assessment strategies that protect not only clients, but you as the clinician.
- Front line strategies derived from the evidence-based efficacy of CBT and DBT.
- Answers to difficult questions on suicide and self-harm that clinicians often struggle with.
- Effective treatment techniques, applicable across various populations and therapeutic settings.
- Tips on decision making that provide you with guideposts for determining when crisis intervention is needed in contrast to long-term treatment.

Go beyond grad school curriculum and get the practical real-world strategies and advice you need to confidently and capably treat suicidal and self-harming clients!

Speaker

Meagan N. Houston, Ph.D., SAP, has specialized in providing suicide treatment in a wide variety of settings and populations for over a decade. She has experience in high-risk settings where the application of suicide prevention, assessment and intervention occurs daily. Dr. Houston treats clients who present with a variety of psychological and behavioral disorders -- which lend themselves to acute and chronic suicidality. She emphasizes the use of empirically-based approaches when conducting suicide risk assessments. She has also provided her expertise in the area of treating suicidal clients and self-harm behaviors, as the published author of *Treating Suicidal Clients and Self-Harm Behaviors: Assessments, Worksheets & Guides for Interventions and Long-Term Care*.

Dr. Houston is employed full time with the Houston Police Department Psychological Services Division, and maintains a part-time private practice in Houston, Texas. She worked in the federal prison system. She has provided psychological, psychoeducational, and chemical dependency programs at private practices and college counseling centers. She has also provided geropsychological services to nursing homes and rehabilitation facilities.

Speaker Disclosure:

Financial: Meagan Houston is in private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Meagan Houston has no relevant non-financial relationship to disclose.

Seminar Schedule

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

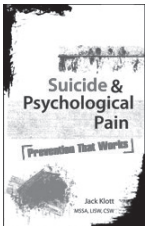
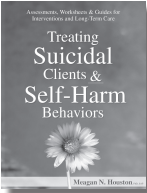
11:50 -1:00 Lunch (*on your own*)

4:00 Program ends

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

CANCELLATION POLICY: **Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



Treating Suicidal Clients & Self-Harm Behaviors

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

By Meagan N Houston, Ph.D., SAP, ***Your Speaker***

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

Suicide and Psychological Pain: Prevention That Works

By Jack Klott, MSSA, LCSW, CSWW, Suicidologist

Identify suicide potential from the latest clinical research on risk factors, the impact of mental disorders, social stressors, and psychological vulnerability. Filled with specific examples and stories, effective assessments, strategies for treatment planning, and evidence-based interventions.

Seminar on CD or DVD Package:

You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

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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.***

Live Seminar Continuing Education Credit Information

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.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

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.

ADDITION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the counseling services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MINNESOTA COUNSELORS: Application for MN BBHT continuing education credits has been submitted. Please contact us at 800-844-8260 or info@pesi.com for the status of LPC CE hours.

WISCONSIN COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

EDUCATORS/TEACHERS: This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

WISCONSIN EDUCATORS: This course may be used toward your Professional Development Plan if it meets your individual goals. Please contact DPI with questions regarding individual PDP's. This course is 6.25 clock hours.

MINNESOTA SUPERINTENDENTS, PRINCIPALS, SUPERVISORS, DIRECTORS OF SPECIAL EDUCATION, DIRECTORS OF COMMUNITY EDUCATION, AND CAREER & TECHNICAL/VOCATIONAL ADMINISTRATORS AND SUPERVISORS: A Request for the Approval of a Continuing Education Program has been submitted to the Minnesota Board of School Administrators.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MINNESOTA MARRIAGE & FAMILY THERAPISTS: An application has been submitted to the Minnesota Board of Marriage & Family Therapists. Credit is pending.

WISCONSIN MARRIAGE & FAMILY THERAPISTS: This course has been submitted to the Wisconsin Association for Marriage and Family Therapy for review. Credit is pending.

NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

IOWA NURSES: PESI, Inc. is an approved provider by the Iowa Board of Nursing. Provider #: 346. Full attendance at this activity qualifies for 6.3 contact hours. Full attendance in the activity is required; no partial contact hours will be issued for partial attendance. These contact hours are used for your license renewal. You will need to provide your license number to PESI. PESI must have this number on file in order for your hours to be valid.

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.

SOCIAL WORKERS (Clinical): PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

MINNESOTA SOCIAL WORKERS: PESI, Inc. is an approved provider with the State of Minnesota, Board of Social Work. Provider #: CEP-140. This course has been approved for 6.0 continuing education hours.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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ADA NEEDS

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

WALK-INS

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.

TUITION OPTIONS

• **FREE Military Tuition:** 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.

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 5 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details.

Advance registration required.

Cannot be combined with other discounts.

How to Register

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☐ **\$29.99*** *Treating Suicidal Clients & Self-Harm Behaviors* book

☐ **\$19.95*** *Suicide and Psychological Pain* book

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

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Suicidal Clients and Self-Harm Behaviors

___ Seminar on DVD* (video) \$199.99 (RNV054015)

___ Seminar on CD* (audio) \$169.99 (RNA054015)

___ ***Treating Suicidal Clients & Self-Harm Behaviors****
book \$29.99 (PUB085170)

___ ***Suicide and Psychological Pain**** book \$19.95
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*Shipping is \$6.95 first item + \$2.00 each add'l item.

Product total \$ _____

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