

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

Nonsuicidal 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

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 clinician's therapeutic approach.
- Explore how countertransference 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 nonsuicidal 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 teletherapy impact the clinician's role in treating suicidal ideation, intent or plan.

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
Teletherapy & 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

Seminar Schedule

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

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

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

Target Audience:

Social Workers • Psychologists • Counselors

Teachers • School Administrators

Marriage and Family Therapists • Case Managers

Addiction Counselors • Therapists • Nurses

Other Mental Health Professionals

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By Catherine Pittman, Ph.D. HSPP

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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

WINCHESTER, VA

Wednesday, February 13, 2019

ROCKVILLE, MD

Thursday, February 14, 2019

FAIRFAX, VA

Friday, February 15, 2019

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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

- 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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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 has also worked in the federal prison system. In addition, Dr. Houston has provided psychological, psychoeducational, and chemical dependency programs at private practices and college counseling centers, as well as 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.



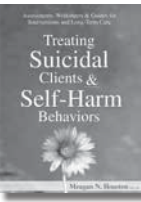
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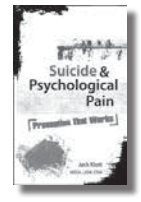


Treating Suicidal Clients & Self-Harm Behaviors

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.

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and 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.

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MARYLAND COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

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

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