

Suicide & Self-Harm

Day 1: Thursday, May 16, 2019

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!

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.

Stopping the Pain

Outline

The Guiding Principles

Research on Suicide and Research Limitations

Research on numbers/methods/treatment
Limitations of a "psychological autopsy"
No causality in 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

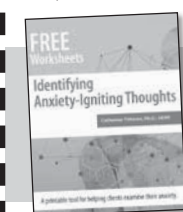
Seminar Schedule:

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

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Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP



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Two Must See Jack Klott Seminars are coming to Anchorage, AK

Day 1: Thursday, May 16, 2019

Suicide & Self-Harm

Stopping the Pain

- 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

Two Must See Jack Klott Seminars are coming to Anchorage, AK

Day 1: Thursday, May 16, 2019

Suicide & Self-Harm

Stopping the Pain

Day 2: Friday, May 17, 2019

Using the DSM-5®

to Revolutionize Diagnosis & Treatment

Day 2: Friday, May 17, 2019

Using the DSM-5®

to Revolutionize Diagnosis & Treatment

- Controversial & enhanced ways of understanding and treating human behaviors
- New classification and coding systems
- Updated criteria for many diagnoses
- Significant changes to diagnoses for children and adolescents
- The moral and ethical dilemma of the Somatic Symptom Disorders
- ICD-10 updates

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Using the DSM-5® to Revolutionize Diagnosis & Treatment

Day 2: Friday, May 17, 2019

The arrival of the DSM-5® sent shockwaves through the mental health profession that are still being felt today. The DSM-5® had greatly changed the way we view, diagnose, and treat mental illness.

In this seminar, national speaker, author, and DSM® expert Jack Klott sheds light on the rationale behind the changes in the DSM-5® and the impact they have on certain diagnoses and, most important, on the way you diagnose. You will discover how to effectively use the DSM-5® to enhance your case conceptualization and treatment planning. You will explore those diagnostic categories and classifications that received the most dramatic reformulations and thus also the most controversy.

In many ways the DSM-5® enhances our understanding of the person we treat as it goes beyond a simple focus on behaviors. This seminar showcases this and the implications on treatment.

Objectives

1. Describe the special and controversial features of the DSM-5® which sets it apart from previous versions of the manual
2. Examine DSM-5®'s diagnostic categories, their symptom criteria, and why some were changed.
3. Analyze the focus on vulnerability to suicide found within the Trauma and Stress Related Disorders section of the DSM-5®.
4. Explain the Severity Index and how it is used to validate diagnosis, direct focus of treatment, and evaluate treatment efficacy.
5. Discuss the DSM-5®'s expanded and comprehensive approach to suicide and self-mutilation
6. Analyze how to best use the DSM-5® throughout the case conceptualization and treatment planning process

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.

Outline

FRAMEWORK OF THE DSM-5®

A brief overview of 60 years of evolution
Criticisms of the DSM® approach and how the DSM-5® deals with them
What is a mental disorder and what is NOT a mental disorder
DSM-5®'s classification and coding systems
The DSM-5®'s impact on case conceptualization and treatment planning
Special features
Differential diagnosis
Dystonic vs Syntonic Disorders
Severity Index

SPECIFIC DIAGNOSES

Neurodevelopmental Disorders
Controversy over the new alignment
Saying good-bye to Asperger's Disorder
Schizophrenia
The effort to reduce the stigma
The common experience of "psychosis"
Bipolar and Related Disorders
Erasing the "pediatric bipolar disorder" concept
The common experience of "psychosis"
Depressive Disorder and Anxiety Disorders
Are they really mental disorders?
Examine the risk for suicide and self-mutilation
Obsessive-Compulsive and Related Disorders
The real torture and its correlation to drug use
Explore expanded diagnostics
Trauma and Stress Related Disorders
Expanded diagnostics, criteria, and populations (children)
The focus on vulnerability to suicide
Dissociative Disorders
The ultimate childhood defense mechanism
Extreme controversy over validity
Somatic Symptom Disorders
The impact for primary care physicians
A possible ethical dilemma

Feeding and Eating Disorders

A new way of describing these addiction disorders
What is normal, and what is a mental disorder

Gender Dysphoria

The removal of sexual and gender identity disorders
Discussion of "gender incongruence"

Disruptive, Impulse Control, and Conduct Disorders

Defining the sociopathic child
An examination of the Dyssocial Personality

Substance Use and Addiction Disorders

How the DSM-5® describes addictions
Can behaviors become addictions?

The Non-Suicidal Self-Injurious Behavior and Suicide Behavior

An expanded method of describing
The "goals" of this behavior

Personality Disorders

What did change and what did not change...and WHY
Explore the traits "that affects relationships"

Adjustment Disorders

Should they remain mental disorders?

What is normal and what is pathological?

Section 3

What is in it, and why it is important

PUTTING THE DSM-5® TO WORK

The development of a case conceptualization using the DSM-5®
Where to begin therapy to enhance success
Case studies

Seminar Schedule:

| | |
|------------|-----------------------------------|
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There will be two 15-min breaks (mid-morning & mid-afternoon).
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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

Co-Occurring Disorders: Integrated Assessment and Treatment of Substance Use and Mental Disorders

By Charles Atkins, MD

A practical, step-by-step guide with diverse case studies gives you the tools to improve your clinical outcomes. Ideal for both the rubber-meets-the-road clinician, who wants effective strategies and a clear direction for treatment and recovery, and the administrator who creates interventions at the system level with attention to regulatory and reimbursement demands.



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

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's 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" on this brochure 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 profession's standards.

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SUICIDE & SELF-HARM: STOPPING THE PAIN & USING THE DSM-5® TO REVOLUTIONIZE DIAGNOSIS & TREATMENT

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