

Outline

Suicidology and the Human Condition

The four ultimate concerns
Suicidal thoughts are NORMAL – exploration of myths about suicidal ideation
A sense of belonging: what decreases suicidal ideation and hopelessness?

Therapeutic Factors that Leads to Reconnection to Humanity, Hope and Self

Universality – you’re not alone
Catharsis – release emotions and feelings and learn from them
Imitative behaviors – modeling what others use to cope
Altruism – help others, help yourself
Corrective recapitulation of family experiences – change internal voices
Instillation of hope – I got through this; you can too

Interactive Psychodrama: Experience and Learn from a Suicidal Journey

Practitioner as the vessel
Come along my journey - presenter’s experience “on the other side”
Illustration of themes of isolation and disconnectedness
Modeling effective therapeutic factors and non-effective professional strategies
Participant involvement in psychodrama with feedback in critical moments

Hands-on, Experiential Exercises to Develop Our Skills and Confidence

Explore fears and experiences with suicidality
Experiences and fears as they relate to clients
Discussion Groups: Wwhat worked, what didn’t

Role Playing and Practicing New Techniques in a Safe Supportive Atmosphere

Help clients re-connect to self and humanity
Gestalt two-chair and empty chair: unresolved past conflicts
Music as a means of human connection
Narrative therapy techniques
Helping professional as vessel: effective use of self-disclosure – how, when, why
Group therapy: how, why, myths about groups

Application and In-the-Moment Practice

Facilitated, supported role-plays
Applied spirituality
Use creativity and intuition

Objectives

- 1. Articulate how suicidal thoughts are related to the universal human concerns of isolation and meaninglessness.
- 2. Apply and practice the therapeutic factors that lead to hope and change in suicidal individuals.
- 3. Reduce anxiety and increase self-confidence in engaging with suicidal individuals and talking about suicidal thoughts.
- 4. Develop and practice creative, experiential approaches including the use of Gestalt techniques, music, and narrative therapy to help individuals move from despair to hopefulness.
- 5. Implement group therapy and effectively timed professional self-disclosure as powerful tools for transforming a suicidal individual’s perceptions of self and the world.
- 6. Examine the way you think about yourself as a professional and a human being; change the way you think about suicidal individuals.

Questions?
Call customer service at
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A MANUSCRIPT TO PUBLISH?
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Toward Hope, Purpose and Connection
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**Suicide
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• Overcome the fears you may have about working with suicidal clients
• Role playing in a safe and supportive atmosphere
• New techniques to help clients overcome feelings of isolation
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SUICIDE PREVENTION

Creative Skills and Tools to Move Clients Toward Hope, Purpose and Connection

Meaninglessness and **isolation** -- suicidal people don't feel "a sense of belonging." Yet common strategies tend to increase this sense of isolation by viewing suicidal individuals as people to be feared, mechanistically observed, and sometimes isolated for their own "safety."

Attend this seminar to overcome common fears about approaching the topic of suicidal ideation with clients, and learn creative and compassionate techniques to deeply, warmly, and safely guide your clients through the dark places and back into the light.

You'll feel **transformed** in the way you think about suicidal clients, and the way you think about yourself as a helping professional and human being.

Discover how to decrease clients' sense of isolation, and effectively utilize innovative techniques to restore hope. Role playing and hands-exercises will give you the opportunity to practice new strategies in a safe, supportive environment.

Sign up today and leave this seminar with a new confidence and creative skills to help people move from the dark, lonely, meaningless place into a place of hope, purpose, and connection with fellow human beings!

Speaker

Dr. Nancy K. Farber, is a licensed clinical psychologist, school counselor, and veteran professor of school, community, and clinical counseling. She is a humanistic psychologist who is known for her lively, musical, experiential teaching style. She has served as an associate professor at Eastern Illinois University and a supervising psychologist at Torrance State Hospital where she worked intensively with suicidal clients both in groups and individually, and trained psychology doctoral interns. Dr. Farber specializes in group psychotherapy and has worked at university counseling centers across the country including Purdue University, Illinois State University, Bowling Green State University, and Ball State University. She works as a psychotherapist in private practice in Hershey and Palmyra, PA.

Dr. Farber is also a published researcher and author who has written articles for refereed journals and presented both research and training workshops at the American Psychological Association, American School Counselor Association, Illinois Counseling Association, and Pennsylvania Psychological Association.

Dr. Farber holds a Ph.D. in counseling psychology from Ball State University, an MS.Ed. in psychological services from the University of Pennsylvania, and a B.S.in communication arts from Cornell University. She also holds a B.A. in music from Lebanon Valley College.

Speaker Disclosure:

Financial: Nancy Farber maintains a private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Nancy Farber has no relevant non-financial relationship to disclose.

Target Audience

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

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.



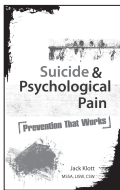
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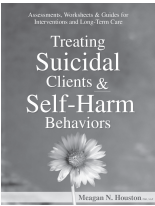


Suicide & Psychological Pain

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. 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

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on May 16, 2019, for this live, interactive webcast!

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/70163

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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 cepes@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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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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