

OUTLINE

Suicide: Who, When, How and Where

- Addiction recovery
- Trauma-informed care
- Populations with multiple risk factors
- Suicide attempt survivors – learning from their experience
- Upstream clinical practices: reaching people before the point of crisis

Elicit Key Information from Suicidal Clients: Assessment and Level of Risk

- Implicit and explicit expressions of suicidal thoughts
- Communicating caring: Language to impart compassion and avoid stigma
- Suicide risk assessment
 - SAFE-T
 - PATH WARM
 - Ideation, plan, means, intent
 - Level of risk

Formulate Treatment Plans that Help Clients Regulate Emotions and Make Them Feel Valued and Connected

- Collaborative safety planning (or “Why Suicide Contracting is Dead”)
- Proactive approaches to decrease the likelihood of suicidal despair
- Multi-system approaches – support systems

Evidence-based treatments:

- Cognitive Behavioral Therapy
 - Cognitive restructuring strategies
 - Emotional regulation exercises
 - Behavioral Activation
- Dialectical Behavior Therapy
 - How to organize a skills training group
 - Tips for phone coaching

- Relapse prevention plans
- Documentation
- Reduce access to lethal means
- Working with specific populations: veterans, the elderly

Confidently Handle Crisis Situations

- Conduct a behavioral chain analysis
- Validating reasons for suicide
- Identify reasons for living
- Use distress tolerance and CBT skills to manage a crisis
- When and how to hospitalize

Suicide Grief Support and Innovative Suicide-Specific Care

- Implement Suicide Grief Support
 - Understand the unique nature of suicide grief
 - Peer-based support: Connect clients to other survivors of loss
- Other innovative suicide-specific care
 - Collaborative online tools and applications
- Clinicians with lived experience
- Post-traumatic growth and suicide

Live 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.

OBJECTIVES

1. Assess individuals at risk of suicide with a clinical approach that identifies both explicit and implicit expressions of suicidal thought.
2. Ascertain key indicators of imminent suicide and develop a strategy for determining when and how to hospitalize clients.
3. Formulate a CBT and DBT oriented case conceptualization that addresses how to effectively work with specific populations including veterans and the elderly.
4. Employ a collaborative safety approach to help clients survive a suicidal crisis while avoiding the pitfalls of suicide contracting and the false sense of security and decreased clinical vigilance that can accompany their use.
5. Connect suicidal clients with communication strategies that convey your compassion and support and effectively strengthen the therapeutic alliance.
6. Reduce access to lethal means with tips and tactics for implementing a multi-systemic approach that incorporates the suicidal person’s social connections into their safety plan.

FREE

Cognitive Behavioral Therapy (CBT) for Anxiety

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John Ludgate, PhD

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SUICIDE

ASSESSMENT & INTERVENTION

Assess Suicidal Ideation and Effectively Intervene in Crisis Situations with Confidence, Composure and Sensitivity

Cape Girardeau, MO
Monday, June 17, 2019

St. Louis, MO
Tuesday, June 18, 2019

Springfield, IL
Wednesday, June 19, 2019

SUICIDE

ASSESSMENT & INTERVENTION

Assess Suicidal Ideation and Effectively Intervene in Crisis Situations with Confidence, Composure and Sensitivity

- Get confident! Transform how you view and work with suicidal clients
- Methods to assess suicidal ideation
- Determine level of risk - and know what to do when suicide is imminent
- CBT, DBT and other evidence-based treatments

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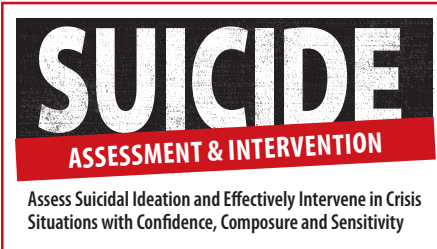


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PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advanced online registration required.**





Losing a client to suicide is your worst nightmare. And there inevitably comes a time when the suicidal client is more than just an intangible dread. When an actual person, suffering and sitting in your office, reveals they are having suicidal thoughts. Many clinicians are left feeling **unprepared, frightened, and unsure what to do next.** The weight of keeping someone alive can steer you in the direction of avoidance. Desperate and alone, suicidal clients can find themselves passed from one therapist to the next. And that’s not care.

Don’t let fear push you away.

This seminar will transform how you view and work with suicidal clients and give you the clinical tools you need to save lives.

Full of thought provoking lecture, engaging case studies, and guided instruction on a host of powerful clinical applications, this seminar will provide you with the tools you need to:

- Assess for suicidal risk and identify implicit and explicit expressions of suicidal thought.
- Formulate a game-plan for crises when suicide is imminent.
- Intervene in suicidal despair with proactive approaches derived from the evidence-based efficacy of CBT and DBT.
- Effectively use targeted language with suicidal clients that will help you avoid stigma and successfully communicate your compassion.
- Provide innovative grief support resources that connect clients and clinicians with other survivors of suicide and suicide loss.

Leave this seminar feeling confident and capable to work with suicidal clients and guide them out of the darkness and back into the light!

SPEAKER

Sally Spencer-Thomas, Psy.D., is a clinical psychologist and inspirational international speaker. Dr. Spencer-Thomas was moved to work in suicide prevention after her younger brother, a Denver entrepreneur, died of suicide after a difficult battle with bipolar condition.

Dr. Spencer-Thomas has been an invited speaker at the White House on the topics of mental health and suicide prevention and has held leadership positions for the National Action Alliance for Suicide Prevention, the International Association for Suicide Prevention, the American Association for Suicidology, and the National Suicide Prevention Lifeline. She has won multiple awards for her leadership including the 2014 Survivor of the Year from the American Association of Suicidology, the 2014 Invisible Disabilities Association Impact Honors Award, the 2012 Alumni Master Scholar from the University of Denver, the 2015 Farbarow Award from the International Association for Suicide Prevention and the 2016 Career Achievement Alumni Award from the University of Denver’s Graduate School of Professional Psychology.

She has a Doctorate in clinical psychology from the University of Denver, a Masters in non-profit management from Regis University, and a Bachelors in psychology and studio art with a minor in economics from Bowdoin College. She has written four books on mental health and violence prevention.

Speaker Disclosure:
Financial: Sally Spencer-Thomas is speaker, trainer and change agent for Sally Spencer-Thomas, LLC. She receives a speaking honorarium from PESI, Inc.
Non-financial: Sally Spencer-Thomas has no relevant non-financial relationship to disclose.

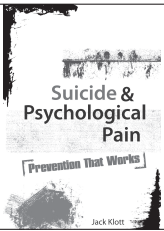
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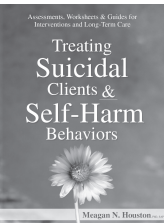
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Suicide & Psychological Pain Prevention That Works

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

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

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" 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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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.

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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.

ILLINOIS 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.

KENTUCKY COUNSELORS: The Kentucky Board of Licensed Professional Counselors granted approval for this program on 10/19/2018 for 7.5 hours of general continuing education credit for LPCAs and LPCCs per 201 KAR36:030 section 2(1).

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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.

ILLINOIS EDUCATORS: 6.0 ISBE Professional Development (PD) Clock Hours will be made available through Quincy University. Those requesting ISBE Professional Development Clock Hours will be required to complete and return the ISBE "Evaluation for Workshop" form to be available at the seminar and submit the \$20 enrollment fee (cash or check payable to PESI only) if you have not already paid with and in addition to your registration fee.

KENTUCKY EDUCATORS: This activity has been reviewed by the Kentucky Department of Education. This activity will qualify for 6.0 contact hours. ELA# 19 EIL 1414.

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ILLINOIS MARRIAGE & FAMILY THERAPISTS: PESI, Inc. has been approved as a provider of continuing education by the State of Illinois, Department of Professional Regulation. Provider #: 168-000156. Full attendance at this course qualifies for 6.0 credits.

KENTUCKY MARRIAGE & FAMILY THERAPISTS: This course has been submitted to the Kentucky Board of Licensure of Marriage & Family Therapists for review.

NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

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ILLINOIS PSYCHOLOGISTS: PESI, Inc. is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 268.000102. Full attendance at this course qualifies for 6.25 contact hours.

KENTUCKY PSYCHOLOGISTS: PESI, Inc. is approved by the Kentucky Board of Examiners of Psychology to offer continuing education for psychologists. PESI maintains responsibility for this program and its content. This activity will qualify for 6.25 contact hours.

SOCIAL WORKERS: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for the course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits for completing this course. Course Level: Intermediate. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation. Full attendance is required; no partial credits will be offered for partial attendance.

ILLINOIS SOCIAL WORKERS: PESI, Inc. is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 159-000154. Full attendance at this course qualifies for 6.0 contact 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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SUICIDE ASSESSMENT AND INTERVENTION: ASSESS SUICIDAL IDEATION AND EFFECTIVELY INTERVENE IN CRISIS SITUATIONS WITH CONFIDENCE, COMPOSURE AND SENSITIVITY

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- **\$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.
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____ **Suicide and Psychological Pain** book* \$19.95 (PUB044455)

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

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