

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

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.

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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Suicide Self-Harm Stopping the Pain

Providence, RI
August 12, 2019

Cromwell, CT
August 13, 2019

Shelton, CT
August 14, 2019

Suicide Self-Harm Stopping the Pain


Learn from one of the best! Jack Klott
Nationally Recognized Suicidologist, Author, Expert

- 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

Providence, RI
Monday, August 12, 2019

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Tuesday, August 13, 2019

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