

Outline

WARNING SIGNS FOR CHILDREN AND TEENS

- Risk factors with or without a mental health diagnosis
- Build compassion, reduce stigma for clinicians and parents
- Determine roles in suicide risk assessment situations

RISK ASSESSMENT AND CRISIS RESPONSE

- Implicit vs. explicit forms or expressions of suicidality
- Listening, supportive, caring response
- Introduction of the Columbia Suicide Severity Rating Scale – C-SSRS
- Brief protocols for assessment and treatment

CREATING THE TREATMENT PLAN

- Protective factors: Adults vs Youth
- Complicating factors for children and teens: dual diagnosis, negative life events
- Handling a crisis of suicidal intent or ideation
 - Clinician – Case examples of applying assessment protocol and action
 - Parents & caregivers – Case examples of applying assessment protocol and action

BRINGING THE PREFRONTAL CORTEX BACK ONLINE

- Bottom-up treatment approach to calm, regulate and soothe
- Match intervention to brain development
- Develop brain-based treatment plan

SUICIDE PREVENTION
CBT Interventions & Play-based interventions adapted for ages 4-20

- Explore with symbols and/or words - “Puzzling” Warning Signs
- Thought-stopping, self-soothing: affirmations, mediation and mantras - Stop & Calm
- Key areas of prevention – Three Circles of Hope
- Skills to assist in coping, promoting social connection, increasing support, removing access to lethal means – Handy Circle
- Caring Contacts, keeping connected – Hope Notes & Post Cards
- Safety Planning - Bee-Safe, MY3 APP

Objectives

1. Identify risk factors and warning signs of suicidal behavior in children and adolescents to increase skills in risk assessment of suicidality.
2. Analyze protective factors that may reduce suicidal behavior in children and teens.
3. Apply play-based interventions to reduce suicidal thoughts and/or suicidal behaviors in children and teens.
4. Implement assessment tools that identify children and teens at highest risk for suicidality.
5. Determine the role of parents and caregivers in suicide risk assessment and prevention situations.
6. Articulate and apply play-based interventions to address childhood traumatic grief (CTG) for children and teens who are survivors of suicide loss.

Have a seminar idea? A manuscript to publish? The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Meg Mickelson Graf at mgraf@pesi.com or call 715-855-8199.

Questions? Call customer service at 800-844-8260

TREATMENT OF TRAUMATIC GRIEF AFTER SUICIDE LOSS

Emotional regulation and containment

- Guided imagery to recreate scene of passing, create new reality
- Explore the changes since the loss
- Promote mastery & control in communication
- Memorializing, Legacy, Imaginal Dialogue
- Continue bonds and relationships
- Memorialize in a safe and non-permanent manner
- Process feelings in imaginal dialogue
- Story Telling and Social Action
- Express your story in the sandtray
- Hope for the future
- In Action! Integrating loss – Impacting Community

SUPPORTING SCHOOL STAFF, PARENTS AND CAREGIVERS

- Manage suicidal thoughts & behaviors
- Caregivers assess risk
- Address fears, worries and concerns
- Hospitalization, after care, and reducing suicidal ideation
- Resources for teachers, parents and caregivers

Live Workshop 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: Counselors • Social Workers
Psychologists • Marriage and Family Therapists
Educators • Occupational Therapists
Speech-Language Pathologists • School Personnel
all helping professionals who work with children



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. Limited seats available; advance online registration required.

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Suicidality and Suicide Loss in Children and Teens

Prevent Suicide and Restore Hope to Kids Grieving After Traumatic Loss



REGISTER NOW!
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Spokane, WA
Wednesday, October 30, 2019

Bothell, WA
Thursday, October 31, 2019

Tacoma, WA
Friday, November 1, 2019

Suicidality and Suicide Loss in Children and Teens

Prevent Suicide and Restore Hope to Kids Grieving After Traumatic Loss

- Identify obvious and not so obvious signs of suicidality
- Prevent tragedy with techniques to handle crisis situations
- More skillfully work with grieving kids who’ve lost a loved one to suicide
- Adapt Play-Based CBT Interventions for ages 4-20

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A Non-Profit Organization Connecting Knowledge with Need Since 1979

Suicidality and Suicide Loss in Children and Teens

Prevent Suicide and Restore Hope to Kids Grieving After Traumatic Loss

Suicide shatters worlds. And working with suicide is one of the most nerve-wracking and emotionally draining parts of your job.

Whether your client is a suicidal young person, or one who’s grieving in the aftermath of a loved one’s death by suicide, the weight of the situation can leave you feeling uncertain of your next steps and looking for answers...

- How do I identify true suicidal intent and/or lethality?
- How do I effectively work with kids and adolescents when their developmental levels vary drastically?
- How do I restore hope when a loved one’s sudden, and sometimes violent, death has left a child or adolescent in an emotional freefall?

This workshop will provide you with answers to your toughest questions and give you the tools you need to assess for suicide risk in kids and adolescents, effectively intervene in suicidal crisis, and help them cope with the feelings that can leave them at risk for suicide.

You’ll also learn how to apply play therapy interventions for children and teens whose worlds’ have been shattered following a loved one’s death by suicide. Along with guidance from our expert instructors, these evidenced-based techniques will empower you to work with vulnerable young people experiencing traumatic grief more skillfully than ever before.

Sign up today and leave this program feeling confident and capable in your ability to move young clients toward hope and healing!

Speakers


Leslie W. Baker, MFT, NCC, RPT-S, has over 27 years of experience as a licensed Marriage and Family Therapist, a National Board Certified Counselor and a Registered Play Therapist-Supervisor. She is the CEO/executive director of the Therapy2Thrive® Ruby Hill Marriage & Family Counseling Center in Pleasanton, CA, which provides counseling services to the community. Leslie is a Certified Gottman Therapist and integrates play therapy with all ages. She is co-owner of Academy for Play Therapy Training, Inc.™ a training program for mental health professionals providing workshops and supervision for clinicians seeking to become registered play therapists. Leslie is a trained Suicide Bereavement Clinician and has volunteered for the past seven years with the American Foundation for Suicide Prevention in San Francisco Bay Area as a keynote speaker at the Survivors Day conferences in the Tri-Valley Area. She is also a speaker for the Annual Suicide Prevention Conference for the Tri-Valley NAMI and Family Resource Center in CA. Leslie is the author of *Healing Feelings: A Healing Story for Children Coping with a Grownup’s Mental Illness* and is author of *Therapy in the Digital Age* as a guest in *Integrating Technology into Modern Therapies: A Clinician’s Guide to Developments and Interventions* edited by Dr. Jessica Stone. Leslie is an experienced local, national and international speaker on topics including suicide assessment and prevention, technology in therapy, play therapy, trauma and Gottman couples therapy.

Speaker Disclosures:
Financial: Leslie Baker maintains a private practice. She is an author for Yorkshire Publishing and receives a royalty. Ms. Baker receives a speaking honorarium from PESI, Inc.
Non-financial: Leslie Baker is a member of the American Counseling Association; and the Association of Play Therapy.

Mary Ruth Cross, MFT, RPT-S, is a licensed Marriage and Family Therapist and Counselor Educator with over 24 years’ experience in the mental health field. Mary Ruth is a dedicated educator and has been on faculty with both University of Phoenix and John F. Kennedy training graduate students in the field of clinical counseling and play therapy. Mary Ruth is a nationally recognized speaker on play therapy and working with children and their families. She works in a private practice counseling center as CEO and Owner of Treehouse Family Counseling Services in San Ramon CA. Mary Ruth trains and supervises interns and trainees focusing on building a strong therapeutic team. Mary Ruth is a Registered Play Therapist Supervisor as well as past president for the California Association for Play Therapy and a member in good standing with the Association of Play Therapy, California Association for Marriage and Family Therapy. Mary Ruth continues to be involved in the play therapy community by participating in leadership on local and statewide events and participation on committees with The Association for Play Therapy. Mary Ruth is co-owner of Academy for Play Therapy Training, Inc.™ where she plans and implements workshops geared to improving the knowledge and expertise of clinicians in the use of play therapy. Mary Ruth has presented workshops nationally and internationally in support of improving counselor efficacy.

Speaker Disclosures:
Financial: Mary Ruth Cross maintains a private practice. She receives a speaking honorarium from PESI, Inc.
Non-financial: Mary Ruth Cross is a member of the California Association for Marriage and Family Therapy; the Association for Play Therapy; and the American Counseling Association

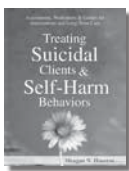
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CBT Toolbox for Children and Adolescents
Over 200 Worksheets & Exercises for Trauma, ADHD, Autism, Anxiety, Depression & Conduct Disorders

By Robert Hull, Lisa Phifer, Amanda Crowder, Tracy Elsenraat

The CBT Toolbox for Children and Adolescents gives you the resources to help the children in your life handle their daily obstacles with ease. Written by clinicians and teachers with decades of experience working with kids, these practical and easy-to-use therapy tools are vital to teaching children how to cope with and overcome their deepest struggles. Step-by-step, you'll see how the best strategies from cognitive behavioral therapy are adapted for children.



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 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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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.

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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.

WASHINGTON EDUCATORS & ADMINISTRATORS: A request for Clock Hours has been submitted to Puget Sound ESD for the seminar on 10/30/19 in Spokane, WA, on 10/31/19 in Bothell, WA, and on 11/01/19 in Tacoma, WA. Those seeking Clock Hours must follow sign-in and reporting requirements (instructions provided at the seminar).

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ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.



PSYCHOLOGISTS: This activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of




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SPEECH-LANGUAGE PATHOLOGISTS ONLY: To be reported to ASHA, while completing the online post-test/evaluation, please answer YES to the question: "Are you a Speech-Language Pathologist and/or Audiologist requesting to have your credit hours reported to the ASHA CE Registry to earn ASHA CEUs?" while completing the online post-test/evaluation, please send an email to cepesi@pesi.com with the following information: full title of the activity, speaker name, date of live activity, date you completed the post-test, and your name and your license number. If you did answer yes, you do not need to do anything further.

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 this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

WASHINGTON SOCIAL WORKERS, COUNSELORS, AND MARRIAGE & FAMILY THERAPISTS: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

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.

QUESTIONS? Call **800-844-8260** or e-mail us at info@pesi.com.

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ADA NEEDS
We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS
Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

- **FREE Military Tuition:** 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. *Limited seats available; advance online registration required.*
- **\$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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— **Seminar on CD*** (Audio) \$219.99 (RNA055275)
— **CBT Toolbox for Children and Adolescents** book* \$34.99 (PUB085120)
— **Treating Suicidal Clients & Self-Harm Behaviors*** book \$29.99 (PUB085170)

CE hours and approvals on products may differ from live CE approvals.

*Shipping is \$6.95 first item + \$2.00 each add'l item.

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