

Outline

Clients at Risk: Co-Occurring Disorders and Special Populations

Depressive disorders  
Anxiety disorders  
Trauma and stressor related disorders  
Substance-related and addictive disorders  
Risks in special population groups adolescents, veterans, LGBTQ, and the elderly

The Relationship between Suicide and Self-Destructive Behavior

Nonsuicidal self-injury (NSSI)  
The latest research on what drives self-harming behavior  
Is self-harm an attention-seeking behavior?  
Does self-harm lead to suicide?  
The question of intent  
Maladaptive coping mechanisms and avoidance  
Clinical screening approach for NSSI

Legally Sound Suicide Risk Assessment

10 essential components of a thorough risk assessment  
Chronic and acute risk factors  
Distinguishing morbid ideation vs. suicidal ideation  
Imminent/chronic suicide risk  
Self-care and consultation  
Formal assessment tools for suicide

Manage Self-Harm Behaviors and Build Functional Coping Skills in Your Clients

Dialectical Behavior Therapy  
Teach clients techniques to increase awareness of impulsive behavior  
Communication and expressing avoided emotions  
Replacement behaviors  
Research limitations and treatment risks of psychotherapeutic approaches

Suicidal Behavior Treatment Strategies: CBT, DBT and Crisis Management Skills

Strategies to manage countertransference  
Integrate the four key elements of crisis intervention into treatment  
Strategies from CBT and DBT  
Psychopharmacological intervention and management  
Long-term care concerns and strategies  
Teletherapy & Social media  
APA Guidelines  
NBCC Policy Regarding the Provision of Distance Professional Services (2016)  
NBCC Code of Ethics (2016)  
ACA Code of Ethics Section H (2014)  
Texting – should you?  
What to do when the suicidal client contacts you by phone/social media  
Research limitations and treatment risks of psychotherapeutic approaches

When (and How) to Hospitalize Clients

Ethical, legal implications and case studies  
Confidentiality and minor clients  
Informed consent and state-specific laws  
Voluntary vs. involuntary commitment  
When and how to use law enforcement

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

- Establish how a risk management strategy that accounts for both acute and chronic risk factors can help clinicians to identify clients at increased risk of suicide completion.
- Discriminate between suicide behavior and self-harm behavior and articulate how this informs the clinician's therapeutic approach.
- Explore how countertransference can interfere in the treatment of suicidal patients and learn how clinicians can manage emotion through awareness and self-restraint.
- Incorporate coping strategies into treatment plans for nonsuicidal self-injury that help clients manage triggering situations without engaging in self-harm.
- Communicate how to differentiate between morbid ideation and suicidal ideation, and establish how this information informs clinical approach.
- Articulate how social media, technology, and teletherapy impact the clinician's role in treating suicidal ideation, intent or plan.

Target Audience

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

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SUICIDAL CLIENTS AND SELF-HARM BEHAVIORS

Clinical Strategies to Confidently Address Two of the Most Daunting (and Potentially Lethal) Scenarios You'll Work With

GREENVILLE, SC  
Wednesday, October 30, 2019

COLUMBIA, SC  
Thursday, October 31, 2019

CHARLESTON, SC  
Friday, November 1, 2019

SUICIDAL CLIENTS AND SELF-HARM BEHAVIORS

Clinical Strategies to Confidently Address Two of the Most Daunting (and Potentially Lethal) Scenarios You'll Work With

- Recognize key suicidal and self-injurious behaviors
- Crisis intervention techniques from DBT and CBT
- Ethical and legally sound suicide risk assessment techniques
- Specific strategies for working with children and adolescents, veterans, military personnel, LGBTQ and the elderly

GREENVILLE, SC  
Wednesday, October 30, 2019

COLUMBIA, SC  
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CHARLESTON, SC  
Friday, November 1, 2019

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# SUICIDAL CLIENTS AND SELF-HARM BEHAVIORS

Suicidality is one of the scariest scenarios we work with. Your job literally becomes a life-or-death situation...one in which you hold a great deal of responsibility. Suicidal clients under extreme distress can leave you feeling overwhelmed and questioning your next move, and revelations of self-harm have you searching for answers they didn't teach you in school.

- How do I differentiate self-injurious behavior from suicidal behavior?
- Can self-harming lead to suicidal behavior?
- How do I protect my license and livelihood when working with suicidal clients?
- What do I do when crises situations arise?
- When, and how, do I hospitalize clients?

Given the high probability of encountering a client considering suicide or engaging in self-harming behavior at some point in your career, the preparation of graduate programs is not enough. With so much at stake you need to be ready to skillfully assess and manage suicide risks and self-harming behavior!

Attend this candid one-day seminar and leave feeling fully equipped to address the intricacies that affect your clients' choices to live or die. Beneficial to both seasoned and fledgling mental health practitioners, our experienced instructor will provide you with comprehensive approaches to effectively work with clients who present with suicidal and self-destructive behaviors.

### Key Benefits of Attending:

- Risk assessment strategies that protect not only clients, but you as the clinician.
- Front line strategies derived from the evidence-based efficacy of CBT and DBT.
- Answers to difficult questions on suicide and self-harm that clinicians often struggle with.
- Effective treatment techniques, applicable across various populations and therapeutic settings.
- Tips on decision making that provide you with guideposts for determining when crisis intervention is needed in contrast to long-term treatment.

Go beyond grad school curriculum and get the practical real-world strategies and advice you need to confidently and capably treat suicidal and self-harming clients!

## Speaker

Meagan N. Houston, Ph.D., SAP, has specialized in providing suicide treatment in a wide variety of settings and populations for over a decade. She has experience in high-risk settings where the application of suicide prevention, assessment and intervention occurs daily. Dr. Houston treats clients who present with a variety of psychological and behavioral disorders -- which lend themselves to acute and chronic suicidality. She emphasizes the use of empirically-based approaches when conducting suicide risk assessments. She has also provided her expertise in the area of treating suicidal clients and self-harm behaviors, as the published author of *Treating Suicidal Clients and Self-Harm Behaviors: Assessments, Worksheets & Guides for Interventions and Long-Term Care*.

Dr. Houston is employed full time with the Houston Police Department Psychological Services Division, and maintains a part-time private practice in Houston, Texas. She has also worked in the federal prison system. In addition, Dr. Houston has provided psychological, psychoeducational, and chemical dependency programs at private practices and college counseling centers, as well as geropsychological services to nursing homes and rehabilitation facilities.

Speaker Disclosure:  
Financial: Meagan Houston is in private practice. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Meagan Houston has no relevant non-financial relationship to disclose.

**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.

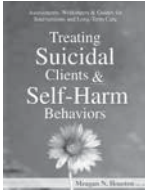


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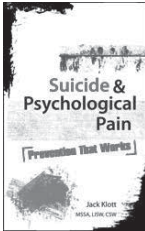


### Treating Suicidal Clients & Self-Harm Behaviors

Assessments, Worksheets & Guides for Interventions and Long-Term Care

By Meagan N Houston, Ph.D., SAP, *Your Speaker*

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



### Suicide and 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. Filled with specific examples and stories, effective assessments, strategies for treatment planning, and evidence-based interventions.

#### 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 Scott Simpson at [ssimpson@pesi.com](mailto:ssimpson@pesi.com) or call 715-855-5263.

### Questions?

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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 [cepesi@pesi.com](mailto: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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**ADDICTION 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.

**COUNSELORS (NBCC):** Suicidal Clients and Self-Harm Behaviors: Clinical Strategies to Confidently Address Two of the Most Daunting (and Potentially Lethal) Scenarios You'll Work With has been approved by NBCC for NBCC credit. PESI, Inc. is solely responsible for all aspects of the program. NBCC Approval No. SP-3314. PESI is offering this activity for 6.5 clock hours of continuing education credit.

**SOUTH CAROLINA COUNSELORS:** This program has been approved for 6.0 continuing education hours by the South Carolina Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. Provider #4540.

**EDUCATORS/TEACHERS:** This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**SOUTH CAROLINA MARRIAGE & FAMILY THERAPISTS:** This program has been approved for 6.0 continuing education hours by the South Carolina Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. Provider #4540.

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

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**PSYCHOLOGISTS:** This live 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 and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

**SOUTH CAROLINA PSYCHO-EDUCATIONAL SPECIALISTS:** This program has been approved for 6.0 continuing education hours by the South Carolina Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. Provider #4540.

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**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.

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**WALK-INS**  
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