

## 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"

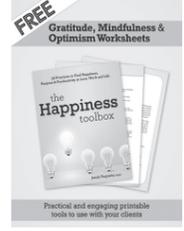
#### The Therapist as a Survivor of Suicide

##### 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.

**— FREE —  
Worksheets**



**Free Gratitude, Mindfulness & Optimism Worksheets**  
[pesi.com/worksheetshappiness](http://pesi.com/worksheetshappiness)

**Bring any training  
in-house!**



Convenient • Cost-Effective • Customizable

for more information visit  
[www.pesi.com/inhouse](http://www.pesi.com/inhouse)

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
PAID  
EAU CLAIRE, WI  
PERMIT NO. 32729

PESI, Inc.  
P.O. Box 1000  
Eau Claire, WI 54702-1000  
A division of PESI, Inc.

# Suicide Self-Harm

## Stopping the Pain

**Appleton, WI**  
Wednesday, October 30, 2019

**Madison, WI**  
Thursday, October 31, 2019

**Brookfield, WI**  
Friday, November 1, 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

**Appleton, WI**  
Wednesday, October 30, 2019

**Madison, WI**  
Thursday, October 31, 2019

**Brookfield, WI**  
Friday, November 1, 2019

 **PESI®**  
[www.pesi.com](http://www.pesi.com)  
A Non-Profit Organization serving the educational  
needs of mental health professionals since 1979.

REGISTER NOW: [pesi.com/express/73938](http://pesi.com/express/73938)

REGISTER NOW: [pesi.com/express/73938](http://pesi.com/express/73938)

# Suicide & Self-Harm

## Stopping the Pain

Your client just revealed that she's having suicidal thoughts...what do you do?

Does she have a gun? Has she written letters? Picked a location? Have hope something will change and doesn't want to hurt family and friends?

Asking your client, "where do you hurt?" often reveals the focus of the suicidal intent or the purpose of self-harm behaviors. As a clinician, it's important to remember that even though you view suicide and self-harm behaviors as dysfunctional and maladaptive, your client views them as purpose-driven means of eliminating or managing unbearable levels of pain. For your client, these behaviors are beneficial, attractive, and helpful.

Even the most seasoned therapists struggle to develop an empathic view of their client's devastating methods of managing emotional pain. Learning how to help clients discover the sources of their pain and providing them with healthy options for solving and managing these struggles in their lives is the key to hope.

Through case studies observed in his 45 years as a counselor and suicidologist, Jack Klott brings to life the ideas, theories and concepts you need to help your clients:

- Identify the seven goals of self-harm
- Implement a risk assessment strategy to determine who presents the highest risk for suicide and self-harm
- Recognize the profound danger of engaging in "contracts" with your clients
- Discuss the four essential elements of therapy with suicidal and self-harming clients
- Understand how "fear of litigation" can severely detract from your ability to help the suicidal population

Join Jack for this one-of-a-kind seminar and learn how to help your clients confront the darkness of suicide and self-harm behaviors. Register today!

## Speaker

**Jack Klott, MSSA, LCSW, CSWW, Suicidologist** and national speaker has helped and educated tens of thousands in his 45 years of suicide and self-harm client work. Jack is a 35-year member of the American Association of Suicidology and was a founder of the Michigan Association of Suicidology (where he has been recognized for his contribution to suicide prevention in Michigan). He authored the national best-sellers *The Suicide and Homicide Risk Assessment and Prevention Treatment Planner* (Wiley, 2004), *The Co-Occurring Disorders Treatment Planner* (Wiley, 2006), and *Suicide and Psychological Pain: Prevention That Works* (PESI Publishing & Media, 2012). He is a popular and sought-after seminar speaker on suicide prevention, motivational interviewing, co-occurring disorders and the DSM®. Attendees rave about his unique teaching gift of weaving expertise, passion and compassion into practical, understandable and usable information.

Speaker Disclosure:

Financial: Jack Klott receives royalties as an author for PESI Publishing & Media and Wiley & Son Publishing. He receives a speaking honorarium from PESI, Inc.

Non-financial: Jack Klott is a member of the American Association of Suicidology; and the Michigan Association for Suicide Prevention

**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.

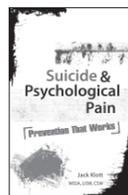
**Seminar on DVD or CD Package:** You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal.

**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.



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.**

**\*Save Shipping Costs by Including these Products with Registration!**

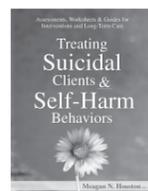


### Suicide & Psychological Pain

*Prevention That Works*

**By Jack Klott, Your Presenter!**

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 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 [cesesi@pesi.com](mailto:cesesi@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.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**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):** Suicide & Self-Harm: Stopping the Pain has been approved by NBCC for NBCC credit. PESI, Inc. is solely responsible for all aspects of the program. NBCC Approval No. SP-SP-3206. PESI is offering this activity for 6.5 clock hours of continuing education credit.

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

**Wisconsin Educators:** This course may be used toward your Professional Development Plan if it meets your individual goals. Please contact DPI with questions regarding individual PDP's. This course is 6.25 clock hours.

**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.

**Wisconsin Marriage & Family Therapists:** This course has been reviewed and approved by the Wisconsin Association for Marriage and Family Therapy for 6.25 credit hours.

**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.

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

**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 attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

**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.

**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.

## How to Register:

**SUICIDE & SELF-HARM: STOPPING THE PAIN**

QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

### ONLINE

[pesi.com/express/73938](http://pesi.com/express/73938)

### PHONE

**800-844-8260**

Please have credit card available

### FAX

**800-554-9775**

### MAIL

PESI, Inc.  
PO Box 1000  
Eau Claire, WI  
54702-1000

### 2 Check location: (make copy of locations)

**APPLETON, WI** 73938APP

**October 30, 2019**

The Grand Meridian  
2621 N Oneida Street • 54911  
(920) 968-2621

**MADISON, WI** 73938MAD

**October 31, 2019**

Radisson Hotel  
517 Grand Canyon Drive • 53719  
(608) 833-0100

**BROOKFIELD, WI** 73938BRO

**November 1, 2019**

Sheraton Milwaukee-Brookfield  
375 S Moorland Rd • 53005  
(262) 364-1100

PLEASE RETURN ENTIRE REGISTRATION FORM

**REGISTER NOW**

[www.pesi.com/express/73938](http://www.pesi.com/express/73938)

### 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](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 10 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to [www.pesi.com/students](http://www.pesi.com/students) or call 800-844-8260 for details.

**Advance registration required.**  
Cannot be combined with other discounts.

**1 Please complete entire form** (to notify you of seminar changes):  
*please print; staple duplicate forms.*

**Mail Code:** \_\_\_\_\_

See mail code box on address panel on reverse side

Name \_\_\_\_\_ Profession \_\_\_\_\_

Employer Name \_\_\_\_\_

Employer Address \_\_\_\_\_

Dept/Floor/Suite \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home/Cell Ph ( ) \_\_\_\_\_

Dept. Ph ( ) \_\_\_\_\_

\*E-mail address \_\_\_\_\_

\*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.

### 3 Check tuition:

Tuition with seminar manual

**\$219.99** – Early Bird Seminar Tuition (Must be postmarked three weeks prior to seminar date)

**\$249.99** standard

### ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

**\$19.95\* Suicide and Psychological Pain: Prevention That Works** book

**\$29.99\* Treating Suicidal Clients & Self-Harm Behaviors** book

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

### 4 Indicate method of payment:

**ALL REGISTRATIONS MUST BE PREPAID.**  
Purchase orders welcome (attach copy).

Check enclosed payable to **PESI, Inc.**

MC 16 digits  VISA 13-16 digits  AE 15 digits  Discover Novus 16 digits

Card # \_\_\_\_\_

Card Exp. \_\_\_\_\_ V-Code #\*: \_\_\_\_\_

Signature \_\_\_\_\_

(\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)

(\*American Express: 4-digit # above account # on face of card.)

### CAN'T ATTEND THE SEMINAR? See below for individual product orders

#### Suicide & Self-Harm

— Seminar on DVD\* (video) (RNV011110) \$219.99

— Seminar on CD\* (audio) (RNA011110) \$219.99

— **Suicide and Psychological Pain** book\* \$19.95 (PUB044455)

— **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.

\*\*Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

Product total \$ \_\_\_\_\_

\*Shipping \_\_\_\_\_

Subtotal \_\_\_\_\_

\*\*Tax \_\_\_\_\_

**TOTAL** \_\_\_\_\_



FOR OFFICE USE ONLY

Fed ID # 26-3896894 © 2019 PESI, Inc.

55