

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

Trauma Treatment Toolbox for Teens



Access these practical and engaging printable tools at pesi.com/traumateens

Bring any Training On-Site!

- Cost Effective for Groups
- Customizable
- Flexible

CE credits included!

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

Midland, TX
 Wednesday
 May 6, 2020

Lubbock, TX
 Thursday
 May 7, 2020

Amarillo, TX
 Friday
 May 8, 2020

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

Midland, TX
 Wednesday
 May 6, 2020

Lubbock, TX
 Thursday
 May 7, 2020

Amarillo, TX
 Friday
 May 8, 2020

PESI®
www.pesi.com
 A Non-Profit Organization serving the educational needs of mental health professionals since 1979.

REGISTER NOW: pesi.com/express/80750

REGISTER NOW: pesi.com/express/80750

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.

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info



Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits 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.

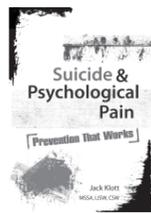
Seminar on DVD or Digital Format: You can purchase a self-study package on the subject and you and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

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 Josh Lindblad at jlindblad@pesi.com or call 715-855-5234.



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!

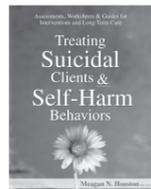


Suicide & Psychological Pain

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

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

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.

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

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.

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.

New Mexico Counselors: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/80750.

Texas Counselors: CE credit is available. This activity consists of 6.0 clock hours of continuing education instruction for Texas Counselors. The Texas State Board of Examiners of Professional Counselors no longer approves programs or providers. PESI activities meet the continuing education requirements as listed in Title 22 Texas Administrative Code, Chapter 681, Subchapter J, Section 681.142 Acceptable Continuing Education. Please retain the certificate of completion that you receive and use as proof of completion when required.

Educators/Teachers: This activity qualifies for 380 minutes of instructional content as required by many national and state licensing boards and professional organizations. Save your course outline and certificate of completion and contact your own board or organization for specific requirements.

New Mexico Educators and Administrators: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/80750.

Texas Educators: PESI, Inc., has been approved as a CPE Provider #500-981 for Texas Educators by the Texas State Board for Educator Certification (SBED). This course qualifies for 6.0 CPE 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.

Texas Marriage & Family Therapists: This activity consists of 6.0 clock hours of continuing education instruction. Texas State Board of Examiners of Marriage and Family Therapists no longer approves programs or providers. PESI activities meet the continuing education requirements as listed in Title 22 of the Texas Administrative Code, Chapter 801, Subchapter K, Section 801.264 Types of Acceptable Continuing Education. Please retain the certificate of completion that you receive and use as proof of completion when required.

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.

Psychiatrists: PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

New Mexico Psychologists: CE credit is available. This course consists of 6.0 continuing education credit hours for New Mexico Psychologists.

The New Mexico State Board of Psychologist Examiners 16.22.9.9 CPE Program Categories A(1)(c) confirms acceptance of continuing education programs relevant to psychology from providers approved by the American Medical Association (AMA). This program is certified for a maximum of 6.0 AMA PRA Category 1 Credits™ by PESI as an accredited ACCME provider authorized to award credit by the AMA. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Texas Psychologists: CE credit is available. This course consists of 6.25 professional development credit hours for Texas Psychologists.

Pursuant to Board rule 461.11, the Texas State Board of Examiners of Psychologists accepts programs by formally organized groups providing professional development that is directly related to the practice of psychology; and professional associations relating to other mental health professions such as social work. PESI is a formally organized group dedicated to providing professional development programs for psychologists, social workers and other mental health professions.

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.

REGISTRATION FORM

SUICIDE & SELF-HARM: STOPPING THE PAIN

SAVE TIME! Express Register Online: pesi.com/express/80750

1 Please complete entire form if sending by mail *please print legibly*



*E-mail address _____ ***Email required to receive registration confirmation, CE certificate, and/or digital product.**

Name _____ Profession _____

Billing Address _____ Home Work

Company Name (if work address): _____

City _____ County _____ State _____ Zip _____

*Cell Ph () _____ Work Ph () _____
***Required for event updates**

2 Select Location (make copy for your records)

MIDLAND, TX • May 6, 2020 (80750MDL)
DoubleTree Midland Plaza
117 W Wall St • 79701 • (432) 683-6131

LUBBOCK, TX • May 7, 2020 (80750LUB)
MCM Elegante Hotel & Suites
801 Ave Q • 79401 • (806) 763-1200

AMARILLO, TX • May 8, 2020 (80750AMA)
Embassy Suites Amarillo-Downtown
550 S Buchanan St • 79101 • (806) 803-5500

3 Select Tuition

TUITION including seminar manual

\$219.99 – choose one of the options below:

- per person for 2 or more preregistering together —OR—
- single registration postmarked 3 weeks prior to seminar date

\$249.99 standard

ADD-ON PRODUCTS—Save on Shipping!—Products Distributed at Seminar

- \$19.95* Suicide and Psychological Pain: Prevention That Works** book (PUB044455)
- \$29.99* Treating Suicidal Clients & Self-Harm Behaviors** book (PUB085170)

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

4 Select Payment Method

All registrations must be prepaid.

- Check enclosed payable to **PESI, Inc.**
- Purchase order enclosed (Fed ID # 26-3896894)
- MC 16 digits VISA 13-16 digits AE 15 digits Discover Novus 16 digits

Card # _____

Card Exp. _____ CVV#*: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (*American Express: 4-digit # above account # on face of card.)

PLEASE RETURN ENTIRE REGISTRATION FORM

ADA NEEDS

We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

FREE Military Tuition: PESI, Inc. is proud to offer this seminar 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, first come, first serve.

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 (on live seminar and live video webcast tuition). **Advance online registration required.**

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

OTHER WAYS TO REGISTER

Fax: 800-554-9775
Mail: PESI, Inc.
PO Box 1000
Eau Claire, WI 54702-1000

Phone: 800-844-8260

Online: pesi.com/express/80750

CAN'T ATTEND THE SEMINAR?

Suicide & Self-Harm

Online Digital Seminar*
\$219.99 (POS011110) - **Email required** -
Seminar on DVD**
\$219.99 (RNV011110)

Product total _____
Shipping - \$6.95 (DVD only) _____
Subtotal _____
Tax _____
TOTAL _____

*For digital seminars, add applicable tax in AL, AZ, AR, CO, CT, DC, HI, IN, IA, ID, KY, LA, ME, MN, MS, NE, NJ, NM, NY, NC, OH, PA, SD, TN, TX, UT, VT, WA, WI, WY.

**For DVD orders, add applicable tax except in AK, DE, MT, NH, OR.

CE hours and approvals on products may differ from live CE approvals. Additional CE participant prices may vary.