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
- 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

Live Webcast Schedule
(Times listed in Central)
8:00 Program begins
11:50-1:00 Lunch Break
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

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.

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Stopping the Pain

Join us online, for this live training!

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

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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 Psychiatrists • Other Mental Health Professionals

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