

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

Live Webcast Schedule  
(Times listed in Pacific)

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.



Group Training  
Solutions  
Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available

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

# Suicide Self-Harm

## Stopping the Pain

LIVE INTERACTIVE WEBCAST

Wednesday, December 16, 2020

BONUS! – Registration includes FREE on-demand access for 3 months.



REGISTER NOW:  
pesi.com/webcast/84136

Join us online, for this live training!

# 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

LIVE INTERACTIVE WEBCAST

Wednesday, December 16, 2020

BONUS! – Registration includes FREE on-demand access for 3 months.



REGISTER NOW:  
pesi.com/webcast/84136

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

# 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 • Physicians  
Psychiatrists • Other Mental Health Professionals



**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 live webcast, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

**Digital Seminar or DVD:** 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](http://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 **Ryan Bartholomew** at [rbartholomew@pesi.com](mailto:rbartholomew@pesi.com) or call **715-855-8225**.



## Online Learning Made Easy!

Join us on December 16, 2020, for this live, interactive webcast!

Connect, collaborate and learn with our online seminars! It's easy, webcasts provide everything you need for an online educational experience including real-time video and audio, view slides on your computer screen, and the ability to ask your questions. Seminar materials are available for download. Bonus, registration includes 3 month access to the on-demand seminar for you to watch again!

It's easy and convenient!

Register now! [pesi.com/webcast/84136](http://pesi.com/webcast/84136)

Train your whole organization

Purchase one full-price registration → train unlimited additional attendees for only \$49.99 each

• Watch and participate in real time

• One CE Certificate is included

• **BONUS!** Receive free on-demand access for 3 months with registration!

### CE CREDIT AVAILABLE FOR WEBCAST – UP TO 6.25 HOURS!

This continuing education activity is designed to meet state board requirements for the following professionals. For specific credit approvals and details, visit [pesi.com/webcast/84136](http://pesi.com/webcast/84136).

**Addiction Counselors** – AK, AL, AR, AZ, CA, CO, CT, DE, FL, GA, IA, ID, IN, KS, KY, LA, MA, MD, ME, MI, MN, MS, MT, NC, ND, NE, NH, NJ, NM, NV, OK, OR, RI, SC, SD, TN, TX, UT, VA, VT, WA, WI, WV

**Counselors** – AK, AL, AZ, CA, CO, CT, DE, FL, HI, IA, IL, IN, KS, MD, ME, MI, MO, MT, NC, NE, NH, NJ, NV, NY, OH, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WV

**Educators** – AZ, IL, IN, MT, NJ, NY, TX

**Marriage and Family Therapists** – AK, AL, AR, AZ, CA, CO, DE, FL, IA, IL, IN, KS, MD, ME, MI, MO, MT, NC, NE, NH, NJ, NM, NV, NY, OH, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WV

**Nurses** – All States

**Physicians** – All States

**Psychologists** – AK, AR, AZ, CA, CO, CT, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, MD, ME, MI, MO, MS, MT, NC (Category B), NE, NH, NJ, NM, NV, NY, OH, OK, OR, PA, SC (Category B), SD, TN, TX, UT, VA, WA, WI, WV

**Social Workers** – AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, LA, MA, MD, ME, MI, MN, MS, MT, NC, ND, NE, NH, NM, NV, NY, OH, OK, OR, PA, SD, TN, TX, UT, VA, VT, WA, WI, WV

For specific credit approvals and details, visit [pesi.com/webcast/84136](http://pesi.com/webcast/84136).

To inquire about credit in other states or home study credit, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

### National Approvals

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Additional participants can receive a CE certificate by adding a post-test evaluation to their account for \$49.99 USD. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.25 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.



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



PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours.



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, 2020 - January 27, 2023. 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.

\*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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.

## REGISTRATION FORM

# SUICIDE & SELF HARM

## STOPPING THE PAIN

**SAVE TIME! Express Register Online: [pesi.com/webcast/84136](http://pesi.com/webcast/84136)**

**1 Please complete entire form if sending by mail** *please print legibly* ©2020 GREEN BUSINESS

\*Email 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 Pick Your Training** (make copy for your records)

☐ **Live Interactive Webcast**  
**December 16, 2020** **PWZ84135**  
**\$219.99** tuition\*  
8am Pacific time  
Includes:  
Real-time Q&A with Speaker  
Live CE Certificate  
Downloadable Manual  
**FREE BONUS:**  
Replay On-demand Access for 90 Days Afterwards

☐ **Digital Seminar** **POS011110**  
**\$219.99\*\***  
Includes:  
Self-study CE Certificate  
Lifetime On-demand Access  
Downloadable Manual

☐ **DVD** **RNV011110**  
**\$219.99\*\*\***  
Includes:  
Lifetime Access  
Downloadable Manual

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

**QUESTIONS**  
Visit [pesi.com/faq](http://pesi.com/faq) or contact us at [pesi.com/info](mailto: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/webcast/84136](http://pesi.com/webcast/84136)

By placing this order you agree to continue to receive exclusive offers and resources from the best professionals in the world as outlined in our (PESI) privacy policy. Please visit [pesi.com/privacy](http://pesi.com/privacy) for more information.

PLEASE RETURN ENTIRE REGISTRATION FORM

☐ **Digital Seminar** **POS011110**  
**\$219.99\*\***  
Includes:  
Self-study CE Certificate  
Lifetime On-demand Access  
Downloadable Manual

☐ **DVD** **RNV011110**  
**\$219.99\*\*\***  
Includes:  
Lifetime Access  
Downloadable Manual

**3 Select Payment Method**

**All registrations must be prepaid.**

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

☐ Purchase order enclosed (Fed ID # 26-3896894)

☐ MC ☐ VISA ☐ AE ☐ Discover Novus  
16 digits 13-16 digits 15 digits 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.)

Total \_\_\_\_\_  
Shipping - \$6.95 (DVD only) \_\_\_\_\_  
**Subtotal** \_\_\_\_\_  
Tax \_\_\_\_\_  
**TOTAL** \_\_\_\_\_

\* For webcasts, add applicable tax in HI, NM  
\*\*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, WV.  
\*\*\*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.