

OUTLINE

Suicide: Who, When, How and Where

Addiction recovery
Trauma-informed care
Populations with multiple risk factors
Suicide attempt survivors – learning from their experience
Upstream clinical practices: reaching people before the point of crisis

Elicit Key Information from Suicidal Clients: Assessment and Level of Risk

Implicit and explicit expressions of suicidal thoughts
Communicating caring: Language to impart compassion and avoid stigma
Suicide risk assessment
SAFE-T
PATH WARM
Ideation, plan, means, intent
Level of risk

Formulate Treatment Plans that Help Clients Regulate Emotions and Make Them Feel Valued and Connected

Collaborative safety planning (or “Why Suicide Contracting is Dead”)
Proactive approaches to decrease the likelihood of suicidal despair
Multi-system approaches – support systems

Evidence-based treatments:

- Cognitive Behavioral Therapy
 - Cognitive restructuring strategies
 - Emotional regulation exercises
 - Behavioral Activation
- Dialectical Behavior Therapy
 - How to organize a skills training group
 - Tips for phone coaching

Relapse prevention plans
Documentation
Reduce access to lethal means
Working with specific populations: veterans, the elderly

Confidently Handle Crisis Situations

Conduct a behavioral chain analysis
Validating reasons for suicide
Identify reasons for living
Use distress tolerance and CBT skills to manage a crisis
When and how to hospitalize

Suicide Grief Support and Innovative Suicide-Specific Care

Implement Suicide Grief Support

- Understand the unique nature of suicide grief
- Peer-based support: Connect clients to other survivors of loss

Other innovative suicide-specific care

- Collaborative online tools and applications

Clinicians with lived experience
Post-traumatic growth and suicide

Live Seminar & Webcast Schedule

(Times listed in Mountain)
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

1. Assess individuals at risk of suicide with a clinical approach that identifies both explicit and implicit expressions of suicidal thought.
2. Determine key indicators of imminent suicide and develop a strategy for determining when and how to hospitalize clients.
3. Formulate a CBT and DBT oriented case conceptualization that addresses how to effectively work with specific populations including veterans and the elderly.
4. Employ a collaborative safety approach to help clients survive a suicidal crisis while avoiding the pitfalls of suicide contracting and the false sense of security and decreased clinical vigilance that can accompany their use.
5. Develop communication strategies that convey your compassion and support and strengthen the therapeutic alliance.
6. Design a multi-systemic approach that reduces access to lethal means and incorporates the suicidal person's social connections into their safety plan.

Free Video



David Kessler on How Death Shapes Your Clients' Grief

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SUICIDE

ASSESSMENT & INTERVENTION

Assess Suicidal Ideation and Effectively Intervene in Crisis Situations with Confidence, Composure and Sensitivity

Denver, CO


Thursday

October 28, 2021


Live Interactive Webcast

Thursday

October 28, 2021




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SUICIDE

ASSESSMENT & INTERVENTION

Assess Suicidal Ideation and Effectively Intervene in Crisis Situations with Confidence, Composure and Sensitivity

- Get confident! Transform how you view and work with suicidal clients
- Methods to assess suicidal ideation
- Determine level of risk - and know what to do when suicide is imminent
- CBT, DBT and other evidence-based treatments



Denver, CO


Thursday

October 28, 2021

Live Interactive Webcast

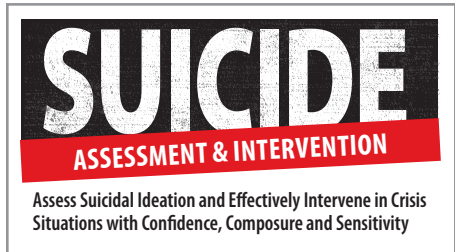
Thursday

October 28, 2021



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Losing a client to suicide is your worst nightmare. And there inevitably comes a time when the suicidal client is more than just an intangible dread. When an actual person, suffering and sitting in your office, reveals they are having suicidal thoughts. Many clinicians are left feeling **unprepared, frightened, and unsure what to do next.** The weight of keeping someone alive can steer you in the

direction of avoidance. Desperate and alone, suicidal clients can find themselves passed from one therapist to the next. And that’s not care.

Don’t let fear push you away.

This seminar will transform how you view and work with suicidal clients and give you the clinical tools you need to save lives.

Full of thought provoking lecture, engaging case studies, and guided instruction on a host of powerful clinical applications, this seminar will provide you with the tools you need to:

- Assess for suicidal risk and identify implicit and explicit expressions of suicidal thought.
- Formulate a game-plan for crises when suicide is imminent.
- Intervene in suicidal despair with proactive approaches derived from the evidence-based efficacy of CBT and DBT.
- Effectively use targeted language with suicidal clients that will help you avoid stigma and successfully communicate your compassion.
- Provide innovative grief support resources that connect clients and clinicians with other survivors of suicide and suicide loss.

Leave this seminar feeling confident and capable to work with suicidal clients and guide them out of the darkness and back into the light!

Target Audience:
Social Workers • Psychologists • Psychiatrists • Counselors • Marriage and Family Therapists
Case Managers • Addiction Counselors • Therapists • Nurses
Other Mental Health Professionals • School-Based Counselors • School-Based Psychologists
School-Based Social Workers • School Administrators



If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-726-3888 and we will make it right.

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

Can’t attend in person? You can still join us!
Watch live webcast from your home or office – Participate live in real-time while connecting and collaborating with peers, ask the presenter questions, earn a live CE certificate, free bonus – replay on demand access for 90 days (live CE is only available when viewed live) **or Watch on-Demand** – learn at your own pace, lifetime access online to content and materials, earn a self-study certificate (CE hours, approvals and cost of CE Certificates may vary from live event, visit pesi.com for availability).

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 or call **715-855-8225**.

MEET YOUR SPEAKER

Sally Spencer-Thomas, Psy.D., is a clinical psychologist and inspirational international speaker. Dr. Spencer-Thomas was moved to work in suicide prevention after her younger brother, a Denver entrepreneur, died of suicide after a difficult battle with bipolar condition.

Dr. Spencer-Thomas has been an invited speaker at the White House on the topics of mental health and suicide prevention and has held leadership positions for the National Action Alliance for Suicide Prevention, the International Association for Suicide Prevention, the American Association for Suicidology, and the National Suicide Prevention Lifeline. She has won multiple awards for her leadership including the 2014 Survivor of the Year from the American Association of Suicidology, the 2014 Invisible Disabilities Association Impact Honors Award, the 2012 Alumni Master Scholar from the University of Denver, the 2015 Farbarow Award from the International Association for Suicide Prevention and the 2016 Career Achievement Alumni Award from the University of Denver’s Graduate School of Professional Psychology.

She has a Doctorate in clinical psychology from the University of Denver, a Masters in non-profit management from Regis University, and a Bachelors in psychology and studio art with a minor in economics from Bowdoin College. She has written four books on mental health and violence prevention.

Speaker Disclosure:
Financial: Sally Spencer-Thomas is speaker, trainer and change agent for Sally Spencer-Thomas, LLC. She receives a speaking honorarium from PESI, Inc.
Non-financial: Sally Spencer-Thomas has no relevant non-financial relationship to disclose.

Recommended Reading:

Purchase this training for these exclusive savings!



High Risk Clients
Evidence-based Assessment & Clinical Tools to Recognize and Effectively Respond to Mental Health
\$29.99 \$22.99



Treating Suicidal Clients & Self-Harm Behaviors
Assessments, Worksheets & Guides for Interventions and Long-Term Care
\$29.99 \$22.99*

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” for full attendance start and end times. The CE certificate for the live, webcast can be downloaded after completing the webcast and passing the online post-test evaluation (80% passing score). 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 800-726-3888 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 professions standards. The planning committee and staff who controlled the content of this activity have no relevant financial relationships to disclose. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, 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: 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.

Colorado Counselors: Professional development hours (PDH) are available. This live professional development activity consists of 6.25 PDH in the Coursework category. It is designed to meet the requirements of the Colorado State Board of Licensed Professional Counselor Examiners. Licensees can accrue up to 20 PDH in the Coursework category during each renewal cycle. Please save the certificate of completion in case it is requested by the board.

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.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: 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. Partial contact hours will be awarded for partial attendance.



Psychologists & Physicians:
Physicians
PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education 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.



Psychologists
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. This activity consists of 6.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

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, 2020 - January 27, 2023. Social Workers completing this Live course receive 6.25 Clinical 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.



Colorado Social Workers: PESI, Inc. is an approved provider with the Colorado Chapter of the National Association of Social Workers. Provider #1413. This course has been approved for 6.3 continuing education hours.

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.

SIGN UP TODAY!

Suicide Assessment & Intervention

***SAVE TIME!* Express Register Online: pesi.com/express/85743**

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2 Live Training Options (make copy for your records)

A SELECT LOCATION

- ☐ **DENVER, CO • October 28, 2021** [85743DEN]
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☐ **DVD \$219.99**** [RNV053755]

* plus applicable sales tax, visit www.pesi.com/faq for more information

4 Recommended Reading

- ☐ **\$29.99 \$22.99** High Risk Clients book** [PUB085950]
☐ **\$29.99 \$22.99** Treating Suicidal Clients & Self-Harm Behaviors book** [PUB085170]

**Discount included with purchase of this training. Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR and \$6.95 shipping

5 Select Payment Method

All registrations must be prepaid.

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

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

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IN-PERSON SAFETY

As you prepare to make face-to-face learning a part of your professional development, we want you to know that your safety is ALWAYS our top priority. We are fully committed to monitoring and implementing all best practices outlined by state and local regulations.

ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

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.

- **Get a Group Discount!** Contact us at pesi.com/info to save for groups of 5 or more
- **FREE Military Tuition:** Free live seminars for veterans and active duty military, limited seats available, advanced registration online required
- **\$50 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:** 50% off standard tuition on live events for students. Current student schedule with registration form required or visit www.pesi.com/students for details.

QUESTIONS

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

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Taxes and shipping apply where applicable, see website for details

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