

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

Live Seminar & Webinar Schedule

(Times listed in Pacific)

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.

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

Free Video



David Kessler on
How Death
Shapes Your
Clients' Grief

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We Are Back! Join In Person or Online!

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

Objectives

1. Employ 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. Argue 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. Execute techniques for effectively intervening in crisis situations and develop a strategy for determining when and how to hospitalize clients.
5. Evaluate 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.

Suicide Self-Harm

Stopping the Pain

Portland, OR
Thursday, November 18, 2021

Live Interactive Webinar
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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:

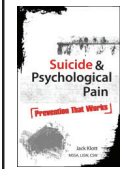
- Identify the seven goals of self-harm
- Implement a risk assessment strategy to determine who presents the highest risk for suicide and self-harm
- Recognize the profound danger of engaging in "contracts" with your clients
- Discuss the four essential elements of therapy with suicidal and self-harming 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!

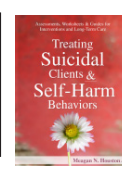


If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-726-3888 and we will make it right.

Recommended Reading:



Suicide and Psychological Pain Prevention That Works
~~\$19.95~~ **\$14.99**



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

Purchase this training for these exclusive savings!

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 webinar 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

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

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, webinar can be downloaded after completing the webinar 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 ces@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 profession's 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 Networkers.

Addiction Counselors: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the 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.

School Counselors: This intermediate activity consists of 6.25 clock hours or 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Oregon Counselors: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

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.

Washington Educators & Administrators: A request for Clock Hours has been submitted to Puget Sound ESD for the seminar on in. Those seeking Clock Hours must follow sign-in and reporting requirements (instructions provided at the seminar).

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 ACE 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.

Oregon Psychologists: CE credit is available. This live activity consists of 6.25 hours of continuing education instruction and is designed to meet the requirements of the Oregon Board of Psychology. Please save the course outline, certificate of completion, and any other supporting documentation you receive from this live activity in case it is requested by the board.

Washington Psychologists: CE credit is available. This course consists of 6.25 continuing education credit hours for Washington Psychologists. The Washington Examining Board of Psychology recognizes continuing education activities sponsored by regional or state psychological associations. PESI, Inc. is approved by the Ohio Psychological Association, Provider #263896894, to sponsor continuing education for psychologists. PESI, Inc. maintains responsibility for this program and its content.

Psychologists/School Psychologists: PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

School 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 course receive 6.25 General 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.

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 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.

Social Workers (NASW): This activity is pending approval from the National Association of Social Workers. 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.

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SIGN UP TODAY!

Suicide & Self-Harm

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A SELECT LOCATION

- PORTLAND, OR • November 18, 2021** [85892PRT]
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- LIVE VIDEO WEBINAR • November 18, 2021** [PWZ85892]
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B SELECT TUITION includes downloadable seminar manual

- \$219.99** – choose one of the options below:
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 - single registration postmarked 3 weeks prior to seminar date
- \$249.99** standard
 Add tax in HI & NM for Webinar

3 Home Study Options

- On-Demand Digital Seminar \$219.99*** [POS011110]
 - DVD \$219.99**** [RNV011110]
- * plus applicable sales tax, visit www.pesi.com/faq for more information

4 Recommended Reading

- \$19.95 \$14.99** Suicide and Psychological Pain book** [PUB044455]
- \$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.**
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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

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- **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.

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