Outline

Suicide and NSSI

The relationship between suicide and self-injurious behavior

When clients present with depression, anxiety, trauma

Confidentiality, documentation, and legal considerations

Assessment Tools for Adolescents

Formal assessment tools for NSSI

Recency and frequency

Severity

Triggers Who's aware

Suicide risk assessment

SAFE-T C-SSRS

Ideation, plan, means, intent

Level of risk, intervention and when to hospitalize

Motivational Interviewing Techniques That Engage Young People in Treatment

Tips to quickly establish rapport

Using the Stages of Change/Motivational Interviewing Model in Treatment

Overcome therapy interfering behaviors

When parents are ready for change NOW!

Adapt DBT for Use with Adolescents

Track suicidal and self-harming urges with diary cards

Reduce emotional reactivity and improve distress tolerance

Identifying emotions and triggers

Mindfulness practices and relaxation techniques

Reproducible handouts and checklists

CBT Interventions to Build Coping Skills and Manage Crisis

"Thought flipping" to maintain positive focus

Address body image issues

Create opportunities to build resilience, self-efficacy and self-control

Handle suicidal crisis - self-soothing and distraction techniques

Effectively Work with Parents, Peers and Schools

Interpersonal effectiveness skills for adolescents

Training exercises to convey feelings/read the feelings of others

Integrate parents into treatment

- Parental behaviors that can do more harm than good
- Means restriction strategies for safe home environments

Involve schools and peers

- Learn to build "Trusted Adult" support networks
- Peer education approaches that create support
- Minimize the impact of bullying

Live Webinar 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.

Objectives

1. Employ clinical screening and assessment tools to help you determine which clients present the highest risk for suicide.
2. Apply motivational techniques that engage resistant suicidal and self-harming teens in the therapeutic process.
3. Develop strategies for incorporating schools and peer groups into your treatment plans for suicidal and self-harming clients, and communicate how this multi-systemic approach can improve treatment outcomes.
4. Articulate how alternative coping strategies can be introduced in-session to help self-injuring clients manage triggering situations without engaging in self-harm.
5. Communicate how clinicians can foster support among family members with techniques that promote problem solving and communication, and help young people feel in control and part of the therapeutic process.
6. Utilize therapeutic interventions from Dialectical Behavior Therapy to improve your clients' coping skills and interpersonal effectiveness.

Free Video & Case Study

Use Parts Therapy Strategies to Help Clients Struggling with Suicide Ideation, Rage, and Self-Hatred

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SUICIDE & SELF-HARM IN ADOLESCENTS

Effective Assessment and Intervention Strategies for Young People in Crisis



- Confidently and capably work with two of today's most urgent mental health issues
- DBT and CBT-based interventions adapted for use with adolescents
- Effectively manage the confidentiality and liability issues of working with minors

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Suicide and Self-Harm in Adolescents

Helping young people heal is your greatest reward.

But when treating adolescents with depression, anxiety, and trauma the full extent of their suffering is not always obvious. Many in distress wear a mask of strength while secretly harming themselves or hiding their struggle with thoughts of suicide. **You worry that you could be missing critical signs.**

This seminar will provide you with the assessment tools you need to unmask self-harming and suicidal thoughts, adapt interventions from DBT and CBT to work with the distinct challenges of treating suicidal and self-harming adolescents, and manage the specific confidentiality and liability issues that accompany working with minors.

There's too much at stake to be unprepared!

Sign up today and leave this critical seminar confident and capable in using these vital assessment tools and treatment techniques to bring hope and healing to vulnerable young clients!

Target Audience:

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

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Meet Your Speaker

Tony L Sheppard, Psy.D., CGP, FAGPA, specializes in treating young people suffering from psychiatric issues including self-harm and suicide. A licensed psychologist and certified group psychotherapist, Tony brings over 15 years of experience working with children, adolescents, and young adults to his clinical practice. In addition to his private practice, Groupworks, he has trained hundreds of clinicians, educators, nurses, and physicians across the country in the treatment of self-harm and suicide, and is the author of a training curriculum in group psychotherapy. Tony's clinical approach draws from interpersonal neurobiology, Dialectical Behavioral Therapy, solution-focused brief therapy, Cognitive Behavioral Therapy, and positive psychology. His creative and interactive delivery style will draw you into the dire nature of youth suicide and self-harm and have you leaving feeling confident and prepared to handle this most important work.

Speaker Disclosure:

Financial: Tony Sheppard has employment relationships with Groupworks Psychological Services and Spalding University. He receives a speaking honorarium and recording royalties from PESI, Inc. He has no relevant financial relationships with ineligible organizations.

Non-financial: Tony Sheppard is a member of the American Group Psychotherapy Association (AGPA) and American Association of Suicidology (AAS).

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This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Educators, Marriage and Family Therapists, Nurses, Physicians, Psychologists, Social Workers**

For specific credit approvals and details, visit pesikids.com/webcast/87146

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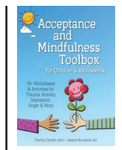
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Recommended Reading:



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Over 220 Worksheets and Therapist Tips to Manage Moods, Build Positive Coping Skills & Develop Resiliency
David M. Pratt, Ph.D., MSW
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