

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

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.

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

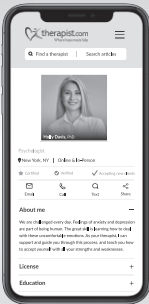
Minimize the impact of bullying

Limited time only

Create your **FREE** directory listing

therapist.com

Go to therapist.com/tcom to learn more.



NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO. 32729

Group Training
Solutions Made Easy!

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



www.pesikids.com/inhouse

PESI Kids
P.O. Box 1000
Eau Claire, WI 54702-1000
A division of PESI, Inc.

SUICIDE & SELF-HARM IN ADOLESCENTS

Effective Assessment and
Intervention Strategies for Young People in Crisis

LIVE Interactive Webinar
Thursday, July 27, 2023

Can't Attend Live? Get the On-Demand Training!




REGISTER NOW: pesikids.com/webcast/89252

Live Online –or– On-Demand!

Includes valuable handouts and free online resources

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

Live Interactive Webinar
Thursday, July 27, 2023

Can't Attend Live? Get the On-Demand Training!

Register Now: pesikids.com/webcast/89252



A Non-Profit Organization Connecting
Knowledge with Need Since 1979

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



Risk Free Purchase! PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at www.pesikids.com/info or 800-726-3888 and we will make it right.

PESI Offers Group Discounts!

To save on groups of 5 or more, contact us at pesikids.com/info!

Questions?

Visit our FAQ page at www.pesikids.com/faq or contact us at www.pesikids.com/info.

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 **Hails Keene** at hkeene@pesi.com.

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: Dr. Tony Sheppard is the founder and director of Groupworks Psychological Services and has an employment relationship with Spalding University. He receives a speaking honorarium and recording royalties from PESI, Inc. He has no relevant financial relationships with ineligible organizations.
Non-financial: Dr. Tony Sheppard is a fellow with the American Group Psychotherapy Association, a member of the American Association of Suicidology, the Kentucky Psychological Association, and the American Group Psychotherapy Association.


CE CREDITS AVAILABLE FOR LIVE WEBINAR


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, and Social Workers.**


For specific credit approvals, details, and planning committee disclosures, please see the “credit approvals and details” URL below. For speaker disclosures, please see speaker bios.

National CE Credit Approvals For Live Webinar
Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. 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 6.0 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.

 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, 2023 - January 27, 2026. 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.

Self-study credit: To check availability for your profession, go to www.pesikids.com or call 800-726-3888 with your licensing board to verify acceptance of self-study credit for license renewal.

*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 Kids, PESI Rehab, PESI AU, PESI UK, and Psychotherapy Networker.

For all credit approvals and details, visit: www.pesikids.com/webcast/89252

SIGN UP-TODAY!

Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs



Register Online at:
pesikids.com/webcast/89252

Live Interactive Webinar (Option 1)

July 27, 2023 [PWZ89251]
\$219.99 tuition
8am Central time
Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

FREE BONUS: Replay on-demand access for 90-days after webinar
**Live CE is only available when viewed live*

Get a Group Discount! Contact us at pesikids.com/info to save for groups of 5 or more

On-Demand Digital Seminar (Option 2)

\$219.99 [POS053365]
Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
- Access to the program materials
- Enjoy lifetime on-demand access
- Earn a self-study CE certificate

CE hours and approvals may vary from live event. Visit www.pesikids.com or call 800-726-3888 to check for availability.

DVD (Option 3)

\$219.99 [RNV053365]
DVD Experience:

- Self-study CE certificate available

CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesikids.com or call 800-726-3888 to check for availability and pricing

ADA NEEDS

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

QUESTIONS

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

TAXES AND SHIPPING

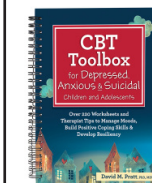
Taxes and shipping apply where applicable, see website for details

OTHER WAYS TO REGISTER

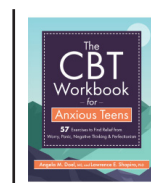
Phone: 800-726-3888
Fax: 800-554-9775
Mail: PESI Kids
PO Box 1000
Eau Claire, WI 54702-1000

*If mailing/faxing registration, find form at www.pesi.com/form or call 800-726-3888

Special Offer! Up To 25% Off!



CBT Toolbox for Depressed, Anxious & Suicidal Children and Adolescents
Over 220 Worksheets and Therapist Tips to Manage Moods, Build Positive Coping Skills & Develop Resiliency
David M. Pratt, PhD, MSW
~~\$36.99~~ **\$26.99***



The CBT Workbook for Anxious Teens
57 Exercises to Find Relief from Worry, Panic, Negative Thinking & Perfectionism
Lawrence E. Shapiro, PhD & Angela Doel, MS
~~\$29.99~~ **\$22.99***

* Discount Included with purchase of the Webinar