

# 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 Webinar Schedule (Times listed in Central)

**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. 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.
5. Develop communication strategies that convey 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.

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**SUICIDE**

**ASSESSMENT & INTERVENTION**

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



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**Tuesday, August 29, 2023**

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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

## Live Interactive Webinar

**Tuesday, August 29, 2023**

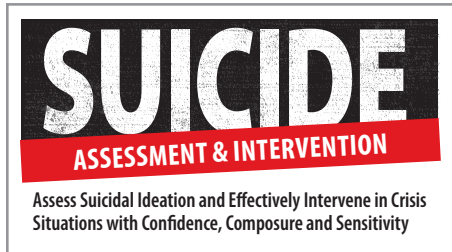
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**Losing a client to suicide is your worst nightmare.** And there inevitably comes a time when the suicidal client is more than just an intangible dread. When an actual person, suffering and sitting in your office, reveals they are having suicidal 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



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**MEET YOUR SPEAKER**

**Sally Spencer-Thomas, PsyD**, 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 maintains a private practice and receives royalties as a published author. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

**Non-financial:** Sally Spencer Thomas is the president of United Suicide Survivors International and is a member of the executive board for the American Association of Suicidology. She is co-chair of the Workplace Special Interest Group for the International Association of Suicide Prevention and is a member of the Suicide Prevention Lifeline.

**CE CREDITS AVAILABLE FOR LIVE WEBINAR**

This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, 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.

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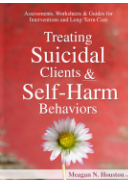


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