

# 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 Eastern)

- 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.

## Free Video



David Kessler on How Death Shapes Your Clients' Grief

Get yours today at [pesi.com/1343video](http://pesi.com/1343video)

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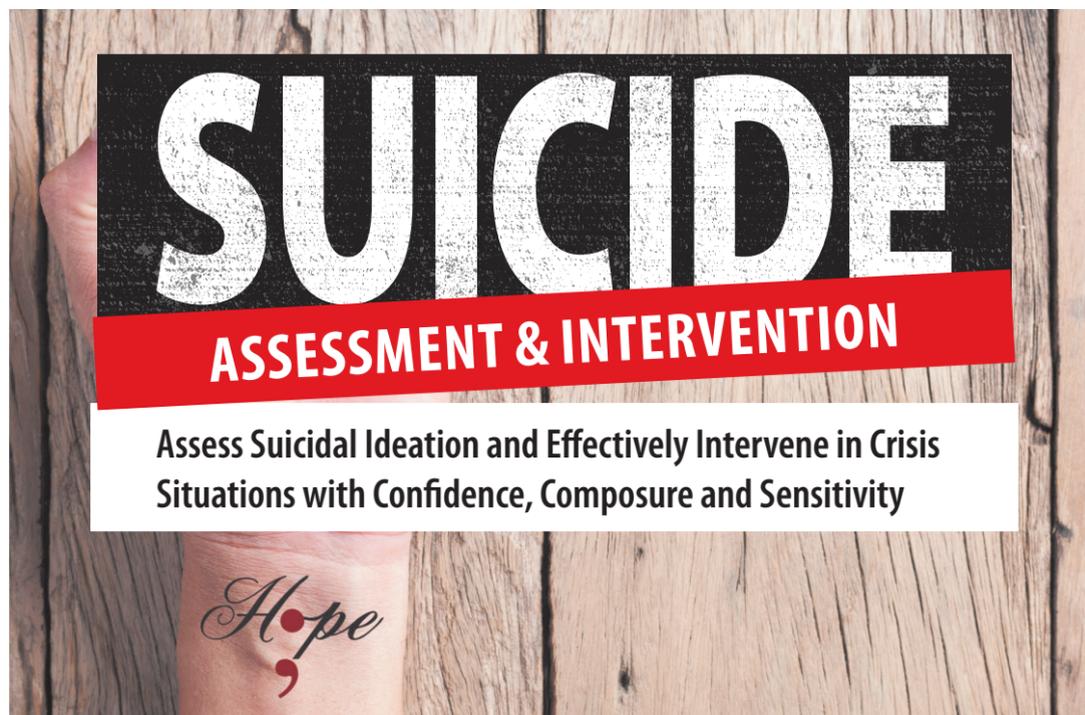
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Assess Suicidal Ideation and Effectively Intervene in Crisis Situations with Confidence, Composure and Sensitivity

**LIVE Interactive Webinar**  
**Monday, March 28, 2022**

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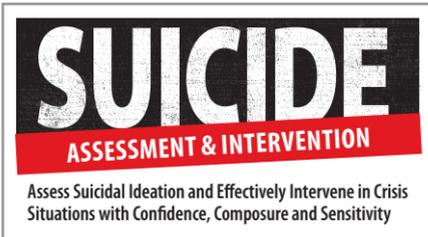
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# SUICIDE

## 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



**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, 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.

### 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, Physicians, Nurses, Physicians, Psychologists, and Social Workers.**

For specific credit approvals and details, visit [www.pesi.com/webcast/86770](http://www.pesi.com/webcast/86770)

#### National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). 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.

This program is approved by the National Association of Social Workers (Approval # 886759332-3247) for 6.0 Social Work continuing education contact hours.



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.



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**\$219.99** tuition

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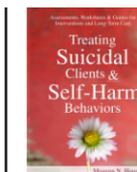
- Self-study CE certificate available  
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### Recommended Reading:



**High Risk Clients**  
*Evidence-based Assessment & Clinical Tools to Recognize and Effectively Respond to Mental Health*  
Paul Brasler, MA, MSW, LCSW  
~~\$29.99~~ **\$22.99\***

PUB085950



**Treating Suicidal Clients & Self-Harm Behaviors**  
*Assessments, Worksheets & Guides for Interventions and Long-Term Care*  
Meagan N Houston, Ph.D., SAP  
~~\$29.99~~ **\$22.99\***

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\*Discount Included with purchase of the Webinar

#### OTHER WAYS TO REGISTER

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