

## 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

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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



**Lynnwood, WA**  
Wednesday, November 2, 2022

**Tacoma, WA**  
Thursday, November 3, 2022

**Live Interactive Webinar**  
Thursday, November 3, 2022

**Portland, OR**  
Friday, November 4, 2022

**Lynnwood, WA**  
Wednesday, November 2, 2022  
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Thursday, November 3, 2022

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Thursday, November 3, 2022  
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Friday, November 4, 2022



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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

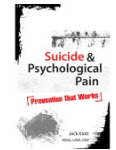
Join Jack for this one-of-a-kind seminar and learn how to help your clients confront the darkness of suicide and self-harm behaviors. Register today!



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

### Recommended Reading:

Purchase this training for these exclusive savings!



**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\***

Questions? Visit our FAQ page at [www.pesi.com/faq](http://www.pesi.com/faq) or contact us at [www.pesi.com/info](http://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 [pesikids.com](http://pesikids.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 **Josh Becker** at [jbecker@pesi.com](mailto:jbecker@pesi.com) or call **715-855-6363**.

## 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. He has no relevant financial relationships with ineligible organizations.

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 need to log into their online account to access the online evaluation and certificate of completion. 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. 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 [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 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 professions 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 Kids, PESI Rehab and Psychotherapy Networker.

**Addiction Counselors:** 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.

**Counselors:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, 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.

**Washington Counselors:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/87915](http://www.pesi.com/events/detail/87915).

**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.

**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.

**Washington Marriage & Family Therapists:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/87915](http://www.pesi.com/events/detail/87915).

**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** This activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from this activity and contact your state board or organization to determine specific filing requirements.

**Physicians:** PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education (ACCME) 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.

**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 live course receive 6.25 Clinical continuing education credits.

Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance.

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

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**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.

**SIGN UP TODAY!**

## Suicide & Self-Harm

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\*Email address \_\_\_\_\_ \*Email required to receive registration confirmation, CE certificate, and/or digital product.

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### 2 Live Training Options (make copy for your records)

#### A SELECT LOCATION

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- TACOMA, WA • November 3, 2022** [87914TAC]  
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- LIVE VIDEO WEBINAR • November 3, 2022** [PLW87914]  
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#### B SELECT LIVE IN-PERSON TUITION includes downloadable seminar manual

- \$219.99** – choose one of the options below:
- per person for 2 or more preregistering together —OR—
  - single registration postmarked 3 weeks prior to seminar date
  - \$249.99** standard

**WEBINAR TUITION** includes downloadable seminar manual

- \$219.99** registration (add tax in HI & NM)

### 3 Home Study Options

- On-Demand Digital Seminar \$219.99\*** [POS011110]
- DVD \$219.99\*\*** [RNV011110]

\* plus applicable sales tax, visit [www.pesi.com/faq](http://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.**
- Purchase order enclosed (Fed ID # 26-3896894)
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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

Advance registration required. Cannot be combined with other discounts.

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#### QUESTIONS

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