

2-Day Comprehensive Suicide Risk Assessment & Intervention

Work with Clients with Compassion and Confidence

The epidemic of suicide continues to wreak havoc in the lives of millions of Americans. With suicide rates on the rise, the need is urgent for clinicians who can recognize warning signs earlier, intervene with current and proven strategies, and even inoculate clients against the chance of suicidal thoughts emerging in the future. It's a daunting challenge that has undoubtedly left you feeling confused, overwhelmed, and even scared.

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. Over the course of two intensive days, you will dive deeply into a comprehensive approach to suicide risk assessment and intervention. You will gain confidence and a heightened sense of compassion that are essential to understanding where clients are on their life journeys and how you can instill hope and a renewed desire to invest in lives that are worth living.

Leave this seminar feeling confident and capable to work with suicidal clients and guide them out of the darkness and back into the light!

"I know Sally as a very honest, brave, dedicated and tireless advocate for suicide prevention and support for the bereaved through suicide. She transformed her personal experience of suicide loss into a mission to make the world a better place for others."

- Karl Andriessen, Co-Chair, Postvention Special Interest Group, International Association of Suicide Prevention

Speaker



SALLY SPENCER-THOMAS, PSY.D., MNM, sees suicide prevention and mental health promotion from a host of perspectives. Clinical Psychologist, mental health advocate, faculty member, researcher and suicide loss survivor. She was moved to work in suicide prevention after her younger brother Carson, a Denver entrepreneur, died of suicide after a difficult battle with a 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.

Dr. Spencer-Thomas 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.

Live Seminar & Webcast Schedule (Both Days, Times listed in Eastern)

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.

"Few people in our field have been so practically minded and action-oriented as Sally in this area.

Sally is extremely organized, intelligent, and a visionary."

-Dr. John Draper, National Suicide Prevention Lifeline

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2-Day Comprehensive Suicide Risk Assessment & Intervention

Work with Clients with
Compassion and Confidence

**KING OF PRUSSIA, PA
& LIVE VIDEO WEBCAST**
Wednesday & Thursday, December 18 & 19, 2019

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2-Day Comprehensive Suicide Risk Assessment & Intervention

Work with Clients with
Compassion and Confidence

- Follow best practices in risk assessment and treatment
- Use language that imparts compassion and avoids stigma
- Set up safety agreements that are more likely to be followed
- Help clients reinvest in lives worth living



Featuring Internationally Recognized Expert
Sally Spencer-Thomas, Psy.D., MNM,
Co-Founder & Chair of United Suicide Survivors International,
and Past Director of Suicide Loss Division, American
Association of Suicidology

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A Non-Profit Organization Connecting Knowledge with Need Since 1979

Outline

OVERCOME BIAS AND FEAR
Prepare to do suicide work with compassion and confidence

- Self-Reflection: Time to unpack our own baggage
- Countertransference
- Our own history with suicide

HOT TOPICS IN SUICIDOLOGY
Evaluate the latest developments and their impact on assessment and intervention

- The latest data, and what to do with it
- Mental health and suicide
- Alcohol and suicide
- Opioids and suicide
- Additional forms of trauma and suicide
- Aspiring to Zero Suicide
- Why “Means Matter”
- Understanding the many forms of the suicidal mind
- Soul exhaustion

COMPREHENSIVE APPROACH TO SUICIDE RISK ASSESSMENT & TREATMENT
Determine where to enter the prevention stream, and how to navigate successfully

- Upstream, midstream, and downstream approaches
- Build resilience and crisis inoculation
- Earlier identification and triage
- Trauma-informed care
- Learn from the experiences of suicide attempt and loss survivors

RISK ASSESSMENT
Elicit key information from clients

- The many paths to suicide
- Communicate caring: Language to impart compassion and avoid stigma
- Suicide risk assessment
 - SAFE-T
 - IS PATH WARM
 - Ideation, plan, means, intent
 - Level of risk
- Standardized assessment tools to augment clinical judgment

- Obtaining collateral information
- Types of questions to uncover suicidal ideation
 - What if they say “No”?
 - What if they say “Yes”?
- Behavior chain analysis
- Why “No Suicide” contracts are dead
- Best practices in risk assessment

COLLABORATIVE SAFETY AGREEMENTS AND WELLNESS PLANNING
Help clients regulate emotions and feel safe, valued and connected

- Set up a safety agreement that is more likely to be followed
- Reduce access to lethal means (C.A.L.M.)
- The “Stop, Drop, and Roll” of suicide safety planning
- Treatment strategies built on preserving choice and dignity
 - Cognitive Behavioral Therapy
 - Dialectical Behavior Therapy
 - Relapse prevention plans
 - When and how to hospitalize

MAKING MEANING
Help clients reinvest in a life worth living

- The PIE of life – brainstorm possibilities of growth
- Narrative psychology and the power of storytelling
- Cultivate social connection and re-engagement
- Choice and perspective
- Foster gratitude and a spirit of contentment after loss
- Measurements of post-traumatic growth

SAFE AND EFFECTIVE SUICIDE GRIEF & TRAUMA RESPONSE
Implement suicide grief and trauma support

- Understand the unique nature of suicide grief
- Peer-based support: Connect clients to other survivors of loss
- Access and reclaim compassion

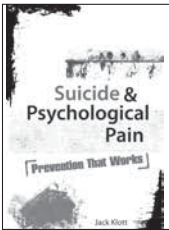
Objectives

- Describe how to overcome fear and personal bias when working with suicidal clients.
- Examine the latest hot topics in suicidology and their impact on improved assessment and intervention efforts.
- Determine the appropriate circumstances for applying upstream, midstream, and downstream approaches to suicide prevention.
- Explain how to implement earlier identification and triage as valuable components of comprehensive risk assessment and intervention.
- Choose language that imparts compassion and avoids stigma for use in all stages of work with suicidal clients.
- Contrast various suicide assessment tools to better inform clinical decision-making.
- Ascertain key indicators of imminent suicide and develop a strategy for determining when and how to hospitalize clients.
- Reduce access to lethal means by implementing a multi-systemic approach that incorporates the suicidal person’s social connections into their safety plan.
- Articulate the “stop, drop, and roll” of suicide prevention effectively to clients so that it can be accessed in crisis situations.
- Employ a collaborative safety approach to help clients survive a suicidal crisis while avoiding the pitfalls of suicide contracting.
- Utilize measurements of post-traumatic growth to assess clients’ progress in adapting more healthy response mechanisms.
- Make sense of the unique nature of suicide grief to improve the clinical options offered in response to it.

Course Designed Especially for

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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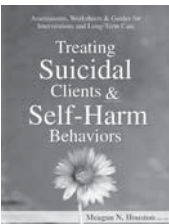


Suicide & Psychological Pain

Prevention That Works

By Jack Klott, MSSA, LCSW, CSWW, Suicidologist

Identify suicide potential from the latest clinical research on risk factors, the impact of mental disorders, social stressors, and psychological vulnerability. Inside you will find tools to help those individuals who are engaging in self-injury and homicidal behaviors. Filled with specific examples and stories, effective assessments, strategies for treatment planning, and evidence-based interventions this is an essential resource for all therapists.



Treating Suicidal Clients & Self-Harm Behaviors

Assessments, Worksheets & Guides for Interventions and Long-Term Care

By Meagan N. Houston, Ph.D., SAP

Dr. Meagan N. Houston has created a workbook to prepare you for all the intricacies that affect clients’ choices to live or die. Filled with proven assessments, unique worksheets and action-based methods to help your clients navigate and survive the turbulent periods. This complete resource also includes underlying etiology, varying life factors, and mental health concerns that influence suicidal and self-destructive behaviors

More info and resources at www.pesi.com



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Live Webcast Details and Live Webcast Continuing Education Credit Information

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Course 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 receive an email from PESI Customer Service with the subject line, “Evaluation and Certificate” within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. 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” on this brochure 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 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 profession’s standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

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DELAWARE COUNSELORS: This intermediate activity consists of 12.5 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.

PENNSYLVANIA COUNSELORS SUICIDE ACT 74: 12.5 clock hour(s) of this activity consists of continuing education instruction in the assessment, treatment and management of suicide risks.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 760 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.

PENNSYLVANIA MFTS SUICIDE ACT 74: 12.5 clock hour(s) of this activity consists of continuing education instruction in the assessment, treatment and management of suicide risks.



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We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS
Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

- **FREE Military Tuition:** PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*
- **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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- Seminar on CD* (audio) \$439.99 (RNA055580)
- Suicide and Psychological Pain book* \$19.95 (PUB044455)
- Treating Suicidal Clients & Self-Harm Behaviors book* \$29.99 (PUB085170)

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