



# SUICIDALITY & SELF-HARM

## from the Client's Perspective

### ASSESSING & MANAGING SUICIDE RISK & SELF-INJURIOUS BEHAVIORS

## Understanding & Planning Treatment for Self-Harm Behaviors

Assessment and treatment planning for suicidality and self-injurious behaviors are two of the most difficult tasks clinicians face, given the professional implications for misdiagnosis and mismanagement of treatment. Effective assessment and treatment planning begins with understanding the cognitive and affective patterns that contribute to a client's belief that suicidality and self-harm are the optimal options to cope with psychological pain. This course conceptualizes suicidality and self-injurious behavior as a reflection of clients perceiving few options for coping with psychological pain. Using cognitive and behavioral principles, we'll review evidence-based practices for assessing and planning treatment with clients and their support systems. We'll also discuss the Chronological Assessment of Suicide Events (CASE) approach as a framework to discover strategies for identifying specific risk and protective factors for suicidality. Additionally, you will learn how to deconstruct the reasons for self-injurious acts and distinguish between suicidality and self-injurious behaviors. Participants will complete this course with a clear understanding of how to build rapport with a client displaying features of suicidality and/or self-injurious behavior, proficiently assess the level of ongoing risk, and enlist the strength of the clients and their support systems to develop a sustainable plan for safety.

## Course Director



**ISAIAH PICKENS, PhD**, is a licensed clinical psychologist and clinical assistant professor at New York University School of Medicine/Bellevue Hospital Center. He has a wide range of clinical experience working in hospital clinics, schools, and detention centers assessing and treating youth, adults, and families for a variety of externalizing and internalizing disorders. He is currently responsible for training hundreds of clinical and non-clinical staff working in juvenile justice and residential treatment settings on how to implement trauma-informed practices. Further, he supports clinical service provision as a clinical supervisor at Bellevue Hospital Center. Additionally, as adjunct faculty at John Jay College of Criminal Justice, Dr. Pickens' expertise extends to the classroom with lectures focusing on developmental issues and clinical service provision. Certified in CONNECT, a comprehensive suicide prevention training developed by the National Alliance on Mental Illness, Dr. Pickens has trained health professionals, school staff, and community members on suicidality and currently provides consultation for implementing techniques for helping young people remain psychologically and physically safe when coping with mental illness.

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## Who Should Attend

Psychiatrists, Psychologists,  
Social Workers, Counselors, Marriage and Family  
Therapists, Psychiatric Nurses,  
Case Managers, Alcoholism and Drug Abuse Counselors,  
Mental Health Administrators,  
Educators, and Nurse Practitioners

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**800-397-0180**  
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## Dates & Locations

### DAVENPORT - Sep 23, 2015

Clarion Hotel & Conference Center  
5202 Brady St, Davenport, IA 52806  
563-391-1230

### DES MOINES - Sep 24, 2015

Holiday Inn Des Moines Northwest  
4800 Merle Hay Rd, Des Moines, IA 50322  
515-278-4755

### OMAHA - Sep 25, 2015

The Magnolia Hotel  
1615 Howard St, Omaha, NE 68102  
402-342-2222

## SEMINAR SCHEDULE

**Registration:** 7:30 a.m. (*coffee & tea provided*)  
**Seminar Begins:** 8:00 a.m.  
**Lunch Break:** 1 hour (*on your own*)  
**Seminar Ends:** 3:30 p.m.

### **Arriving late or leaving early?**

*Please see "Amended Certificates" information under  
CONTINUING EDUCATION CREDIT section of this brochure.*

## What You Will Learn

- ◆ Incorporate clients' beliefs and attitudes about suicide and self-harm into case conceptualization and treatment planning
- ◆ Identify key risk and protective factors for suicidality and self-injury
- ◆ Use Chronological Assessment of Suicide Events to assess level of suicide risk
- ◆ Articulate suicide risk to client support system to engage effective safety planning
- ◆ Identify best practices for suicidality safety planning
- ◆ Distinguish between key features of suicidality and self-injurious behavior

## COURSE CONTENT

### **BELIEFS & ATTITUDES ABOUT SUICIDE**

- Pain and ambivalence that underlie suicidality
- Beliefs and attitudes at the level of
  - o The individual (microsystem)
  - o Family, friends, immediate community, work, school (mesosystem)
  - o Society (macrosystem)
- What leads individuals to receive/not receive help for suicidality?
- Barriers to seeking and continuing treatment
- Meet the characters
  - o Vignettes for 3 characters will be used to explore case examples and role-playing scenarios related to suicide assessment and safety planning

### **UNDERSTANDING SUICIDE**

- Demographics and statistics
- Cognitive, affective, physiological, and behavioral factors
- Identifying risk and protective factors
- Internal or external driving forces
- Our role as clinicians
- Assessing risk and protective factors

### **ASSESSING LEVEL OF RISK**

- Chronological Assessment of Suicide Events (CASE)
- Behavioral incident
- Gentle assumption
- Symptom amplification
- Denial of the specific
- Ruling in/out underlying mental health disorders
- Clinical formulation

### **SAFETY PLANNING, CONNECTING WITH SUPPORT SYSTEM**

- Process of safety planning
- Using case formulation to build rapport with client
- Coping strategies for specific risk and protective factors
- Triggers
- Early warning signs
- Coping strategies
- Emergency plan
- Create sample safety plan using case examples
- Enlisting support partners in safety planning
- Role-play discussing safety plan with family members

### **IDENTIFYING & MANAGING SELF-INJURIOUS BEHAVIOR: A BRIEF OVERVIEW**

- Self-injurious behavior vs. suicidal behavior
- Applying framework for understanding psychological pain to self-injurious behavior
- Risk factors from a biopsychosocial approach
- Impact of trauma
- Clinical consideration and case formulation
- Incorporating safety plan into treatment planning

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If you do not see your respective state listed, please review your rules/regulations as many states have reciprocal agreements with other state boards/associations.

**Alcoholism and Drug Abuse Counselors:** Cross Country Education is an approved provider by NAADAC Approved Education Provider Program (Provider #369). This course is offered for 6 contact hours.



**Case Managers:** This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to CCM® board certified case managers. The course is approved for 6 CE contact hour(s). Activity code: S00015678 Approval Number: 150001600. To claim these CEs, log into your CE Center account at [www.cmcertification.org](http://www.cmcertification.org).

**Counselors:** Cross Country Education has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5904. Programs that do not qualify for NBCC credit are clearly identified. Cross Country Education is solely responsible for all aspects of the programs. Six (6) contact hours are being awarded for completion of this program.



**Illinois:** Cross Country Education is a registered counselor continuing education sponsor approved through the State of Illinois Department of Professional Regulation (license # 197-000144). This program is offered for six (6) contact hours of continuing education for counselors. Licensed counselors in other states should contact their individual state jurisdiction to review the current continuing education requirements for licensure renewal.

### Marriage and Family Therapists:

**Illinois:** Cross Country Education is a registered marriage and family therapist continuing education sponsor approved through the State of Illinois Department of Professional Regulation (license # 168-000172). This program is offered for six (6) contact hours of continuing education for marriage and family therapist. Licensed marriage and family therapist in other states should contact their individual state jurisdiction to review the current continuing education requirements for licensure renewal.

**Nurse Practitioners:** Cross Country Education is accredited by the American Association of Nurse Practitioners as an approved provider of nurse practitioner continuing education. Provider number: 060313. This program was planned in accordance with AANP CE Standards and Policies and AANP Commercial Support Standards. This course is offered for 6.0 contact hours.



**Nurses:** Cross Country Education, LLC. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. This course is offered for 6 contact hours.



**California:** Cross Country Education is approved by the California Board of Registered Nursing, Provider #CEP 13345, for 7.2 contact hours.

**Florida:** Cross Country Education is an approved provider by the Florida Board of Nursing, provider #50-466. This course is offered for 6.0 contact hours.

**Iowa:** Cross Country Education is an approved provider with the Iowa Board Of Nursing, approved provider #328. This course is offered for 7.2 contact hours.

**Psychologists:** Cross Country Education is approved by the American Psychological Association to sponsor continuing education for psychologists. Cross Country Education maintains responsibility for this program and its content. This program offers 6 CE credits for psychologists. Full attendance is required to receive credit for psychologist, variable credit for partial attendance may not be awarded based on the APA guidelines.

**Social Workers:** Cross Country Education provider #1005, is approved as a provider for social work continuing education by the Association of Social Work Licensure Boards (ASWB), through the Approved Continuing Education (ACE) program (an approved provider since 1999, approved through 1-27-18). Cross Country Education maintains responsibility for the program. Social workers will receive 6 continuing education clock hours for participating in this course. Licensed social workers should contact their individual state jurisdiction to review the current continuing education requirements for licensure renewal. Visit ASWB's website at [www.aswb.org](http://www.aswb.org) for more information.



**Educators:** This educational offering may qualify toward your professional development requirement. The educational offering consists of 6 clock hours. Use this information and your board rules and regulations to calculate professional development/continuing education credit.

**Other Professions:** This educational offering qualifies for 6 continuing education hours 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 filing requirements.

**All Professionals:** In order to process continuing education, please bring the appropriate license/certification number to the seminar.

**Amended Certificates:** Please note that the credit hours listed above are offered by Cross Country Education and/or boards/associations for a full day's attendance. In the event of late arrival and/or early departure, amended certificates indicating the actual number of credit hours earned will be provided upon calling Cross Country Education.

**ADA:** If you require ADA accommodations, please contact Cross Country Education at least two weeks before the seminar date or prior to purchasing any online or distance learning products so that arrangements can be made.

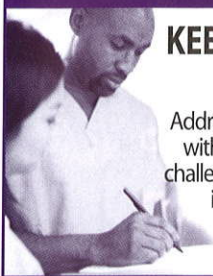
## Confirmations & Cancellations

Confirmations of registration are sent via email within three days of receipt in our office. Add [customerservice@crosscountryeducation.com](mailto:customerservice@crosscountryeducation.com) to your email address book to ensure delivery. **If you have not received a confirmation, you may call our office at 800-397-0180 or 615-331-4422 to verify registration.** Cancellations received at least five working days before the event are refundable less a \$20 administrative charge per registrant. There is no refund for cancellations received later; however, a credit will be issued toward a future event or product order. Please note that if you register and do not attend, you are still liable for full payment. Substitutions may be made at any time. A refund or voucher will be issued to any participant who is registered to attend a seminar that is cancelled by Cross Country Education, LLC. If payment is not received 10 days prior to the seminar, the certificate may not be present at the seminar. If your payment is returned marked NSF it will be re-presented electronically and a processing fee will be charged as allowed by law.

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# SUICIDALITY & SELF-HARM FROM THE CLIENT'S PERSPECTIVE: ASSESSING & MANAGING SUICIDE RISK & SELF-INJURIOUS BEHAVIORS

Please select a date & location:  DAVENPORT - Sep 23  DES MOINES - Sep 24  OMAHA - Sep 25

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Single Registrant .....	\$179	\$199
2 to 4** .....	\$169 ea.	\$189 ea.
5 or more** .....	\$149 ea.	\$169 ea.

\*Registrations received 10 days prior to seminar date.  
\*\*Price per person when registering at the same time.



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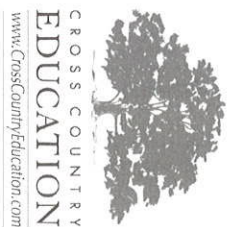
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Davenport, IA - Sep 23  
Des Moines, IA - Sep 24  
Omaha, NE - Sep 25

- ◆ Increase therapeutic alliance and client engagement by understanding suicide and self-harm from the client's perspective
- ◆ Develop evidence-based safety plans for clients with ongoing suicide risk
- ◆ Practice strategies for engaging families in client safety planning
- ◆ Explore how to distinguish self-injurious behavior and suicidality

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