Developed and taught by experienced practitioners, this one-day, six-hour workshop meets the requirement of the Matt Adler Suicide Assessment, Treatment and Management Act, and is open to anyone in the healthcare field.

This workshop is designed to build your confidence when working with suicidal clients or consulting with colleagues in diverse clinical settings from emergency assessment to long-term psychotherapy. In every setting, effective work with suicidal clients begins with establishing a therapeutic alliance and extends to specific strategies and techniques that are relevant to suicide.

Working with Suicidal Clients covers psychodynamic as well as other theories of understanding suicide and helps attendees distinguish between the management of suicidal behavior and the treatment of underlying psychological factors that contribute to suicidal ideation and intent. Topics include:

• **Managing personal responses:** Understanding emotional responses that must be managed for effective work to proceed.

• **Establishing a therapeutic alliance:** Specific techniques have been shown to be useful in establishing a therapeutic alliance.

• **Developing a framework for conceptualizing suicide:** A clinician’s framework for conceptualizing suicide will influence how risk assessment, management, and treatment proceed.

• **Conducting a risk assessment and properly documenting it:** Structured assessment tools and interviewing techniques from evidence-based treatments for suicide help to provide a framework for risk assessment and proper documentation.

- **Crisis planning and ongoing monitoring:** Crisis planning manages risk by developing a multi-step plan for responding to periods of heightened risk. Ongoing monitoring uses assessment tools to estimate risk.

- **Adolescent suicide:** Understand similarities and differences between adult and adolescent risk assessment, management, and treatment.

- **Treatment planning:** After initial risk assessment and management, the clinician may make a recommendation for treatment that focuses on resolving suicide risk. Treatment may involve psychotherapy that focuses on key aspects of the patient’s suicidal process, medication treatment, or both.

- **Long-term work with suicidal clients:** Resolving suicide risk may involve recognizing and addressing long-standing patterns of thought, emotion, and behavior.

- **Responding to completed suicide:** Despite therapeutic efforts, a client may die by suicide. Having a plan to respond to clinical and administrative responsibilities can help to support bereaved family members and mitigate the effects of secondary trauma on the clinician.

All Workshops are held in Seattle with the exception of

*January 29, Vancouver, WA
9:00am – 4:30pm

2016 Workshop Dates:

- JANUARY 29*
- FEBRUARY 26
- APRIL 23
- JUNE 10
- SEPTEMBER 30
- NOVEMBER 11

*This workshop is co-sponsored by:
After completing this training, you will be better equipped to:

- Understand attitudes and approaches that facilitate or block suicide risk assessment.
- Facilitate clinical interviewing to gather accurate information about suicide risk.
- Describe risk factors, protective factors, and warning signs associated with suicide risk.
- Develop an approach to decision-making regarding overall suicide risk.
- Generate a plan for suicide risk management and crisis response, based on modifiable risk factors.
- Understand and describe a framework for treatment that seeks to resolve suicide risk.
- Apply an understanding and technical considerations for working with suicidal adolescents.

Register online at a $10 discount: www.wellspringsfs.org/counseling

Group discounts may be available for 10+ individuals registering from the same business or agency. Call 206-902-4266 to see if your group qualifies.

This workshop addresses this dilemma by reviewing principles of evidence-based treatments with suggestions on how to implement these in your work with suicidal clients. Our research-informed, clinically-focused approach also seeks to add texture and depth to clinical work by applying psychodynamic understanding to research-derived material.

With a focus on assessment of suicide in the acute phase, practitioners also get a practical and theoretical understanding of working with individuals whose suicidal intent may vary over the course of longer-term psychotherapy.

Video examples of suicide assessment and management produced specifically for this workshop are used to augment your overall learning experience.

Important Disclosure Information for All Learners: None of the planners and presenters of this CME Program have any relevant financial relationships to disclose.