



Saving Lives: Suicide Assessment, Intervention, Prevention and Postvention

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Friday, April 30, 2010, 9:00 a.m. – 3:15 p.m.

This workshop will be designed to help clinicians feel more competent at understanding, assessing, and treating suicidal youth and adults; preventing suicidal behavior in children, adolescents, and adults; and assisting families and communities who have lost a loved one to suicide. This workshop will begin with facts about suicide, comments about myths versus factors, and a delineation of the key explanations for suicidal behavior. Attention will be paid to the conduct of a comprehensive suicide assessment in individuals across the lifespan, with consideration given to both risk and protective factors. There will be an in-depth discussion of the range of evidence-based biopsychosocial treatments for suicidal youth and adults. This will be followed by a delineation of evidence-based prevention efforts, including education, screening, means restriction, and media guidelines. Next, there will be an examination of the extant postvention efforts, those designed to help family members and communities cope with and heal from the loss of a loved one to suicide. Vignettes and group activities will be used to illustrate assessment, intervention, prevention, and postvention efforts. Finally, the audience will be engaged in a dialogue about their own reactions to working with suicidal persons, their personal experiences with losing someone to suicide and how this impacted them and how they coped, and their feelings about working with families and communities after they experience a death by suicide. This presentation is geared toward intermediate- and advanced-level clinicians, although beginners also will find it beneficial.

GOALS

- 1) Participants will gain competence in the assessment of suicide
- 2) Participants will gain competence in interventions with suicidal persons, prevention efforts geared toward reducing suicide risk, and postvention activities with families and communities touched by suicide

OBJECTIVES

- 1) Become familiar with a comprehensive assessment approach for suicidal ideation, gestures, and attempts in individuals across the lifespan
- 2) Increase awareness of evidence-based biopsychosocial intervention, prevention, and postvention efforts for suicidal youth and adults and their families

- 3) Gain comfort in examining emotional reactions to working with suicidal persons, coping with the loss of someone to suicide, and helping families and communities heal from a suicide

COURSE TIME OUTLINE

9:00 a.m. - 9:30 a.m.	Suicide facts, myths, and explanations
9:30 a.m. - 10:00 a.m.	Assessment of suicide
10:00 a.m. - 10:30 a.m.	Treatment of suicidal youth
10:30 a.m. - 10:40 a.m.	Break
10:40 a.m. - 11:30 a.m.	Treatment of suicidal adults
11:30 a.m. - 12:00 .pm.	Prevention of suicidal behavior
12:00 p.m. - 12:15 p.m.	Retrieve lunches
12:15 p.m. - 1:00 p.m.	Vignettes – discussions at tables
1:00 p.m. - 2:00 p.m.	Interview with a suicidal person/family
2:00 p.m. - 2:15 p.m.	Discussion of interview
2:15 p.m. - 2:25 p.m.	Break
2:25 p.m. - 2:50 p.m.	Postvention efforts
2:50 p.m. - 3:15 p.m.	Therapist's feelings about working with suicidal persons and families and communities touched by suicide