

CBT FOR SUICIDE

1-DAY WORKSHOP

Clinician Education and Evidence-Based Techniques

Most mental health professionals are seriously underprepared to assess and treat suicidal clients & consumers.

There are more suicide deaths worldwide each year than there are deaths by homicide and war combined. Additionally, there are approximately 1.1 million suicide attempts each year in the U.S. alone. Despite the extent of this problem, studies consistently show that most mental health professionals are seriously underprepared to assess and treat suicidal patients. While most counselor-training programs address suicide in some fashion, only 28% provided skills training (Ellis & Dickey, 1998). When surveyed, half or more of clinicians reported a need for greater exposure to a variety of topics regarding suicidal patients (Melton & Coverdale, 2009).

This workshop is designed to give mental health professionals knowledge and skills in treating these patients. Workshop participants will dispel common myths about dealing with suicidal patients, learn how to conceptualize suicidal behavior, and get instruction in practical intervention methods using cognitive and behavioral strategies. Participants will also learn methods for dealing with the hopeless patient and will be provided guidelines for dealing with therapist distress - which is inherent in this kind of work.

Workshop Format

This workshop will be presented in two parts. Part I will examine many of the prevailing myths amongst clinicians with respect to treating suicidal patients. Part II will introduce a treatment model for treating the suicidal patient.

Part I: Clinician Myths about treating Suicidal Patients

Some of the myths that will be covered in this workshop include:

Myth 1: Anti-suicide contracts are effective and reduce your legal risk

Myth 2: You can predict suicide on an individual level

Myth 3: Hospitalization reduces your liability and doesn't have the potential for harmful effects on suicidality

Myth 4: There are treatments that can prevent suicidality

Myth 5: Working with suicidal patients doesn't require special preparation

Myth 6: If a person is intent on killing themselves there's nothing you can do about it

Myth 7: Once the suicidal crisis has passed, resume therapy as usual

Additional myths will be explored.

Part II: Treatment Model

Cognitive-Behavioral model of suicidal acts

Case conceptualization of suicidal acts

Cognitive and Behavioral techniques useful with suicidal patients

Safety plan development

Dates/Locations

October 21, 2011	Renaissance Hotel	Asheville, NC
November 4, 2011	Florida Hotel & Conference Center	Orlando, FL
December 9, 2011	Royal Banquet Center	Raleigh, NC
December 12, 2011	Compass, Inc	Lakeworth, FL

All above workshops are from 9AM to 4PM with a 1-hour break for lunch.

Florida CEU's provided in conjunction with and submitted by: Advanced Mental Health Training Institute.

Workshop Presenters



John Ludgate, PhD is a licensed clinical psychologist, who has worked as a psychotherapist for almost 30 years. He specializes in treating mood, anxiety, and psychosexual disorders. He trained at the Center for Cognitive Therapy under Dr. Aaron Beck, the founder of Cognitive Therapy, obtaining a Post-Doctoral Fellowship in Cognitive Therapy from the University of Pennsylvania in 1986. He subsequently became Assistant Director of Training at Dr. Beck's Center. In the early 1990's Dr. Ludgate was a Research Clinical Psychologist at the University of Oxford in England and served as cognitive therapist in several outcome studies of panic disorder, agoraphobia, social phobia and hypochondriasis.



Trent Codd, Ed.S., is President of the CBT Center of WNC, PA, a licensed professional counselor, licensed clinical addictions specialist and an experienced psychotherapist, who treats anxiety, mood, personality and substance use disorders with CBT. He has completed training at the Beck Institute for Cognitive Therapy and Research. Additionally, he completed intensive, suicide-specific training certified by the American Association of Suicidology. He is a diplomate of the Academy of Cognitive Therapy and has provided training in CBT for many years locally and nationally.

We reserve the right to change or remove a presenter due to illness or other unforeseen obligations.

CBT For Suicide Registration Form

Employee Name	Agency	Workshop Location /Date	Total \$135 Per Person

Balance due:

This event is limited to 30 participants. Payment in full is required in advance to guarantee your space.

Registration fees are non-refundable.

Payment:

Name On Card: _____

Visa/Mastercard/Discover# _____

Exp. Date: _____

Security Code: _____

Billing Address for card: _____

Authorized Signature: _____ Date: _____

The signature, above, authorizes Cognitive-Behavioral Therapy Center of WNC, PA to debit this card number the full amount (indicated in "balance due" box).

PLEASE NOTE: This charge will show up on your monthly statement as "ProfessionalCharges.com"

Fax the above forms to: 828-350-1188

The Cognitive-Behavioral Therapy Center reserves the right to cancel this workshop due to low participation. In this event, a full refund will be given to each registered participant.

Who Should Attend:

- Teachers
- Psychologists
- School Psychologists
- Social Workers
- Mental Health Counselors
- Direct-Care Staff

This workshop is approved for Continuing Education Credits through NBCC.



**For More Information, please contact Rick at:
828-350-1177**

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