



The Family Therapy Institute of Santa Barbara

Post-Test for Suicide: Assessment & Intervention

Date Recorded: **Saturday, March 28, 2020**

Taught by: **Kjell Rudestam, Ph.D.**

Participant Name & License Number: _____

Date Completed: _____

Please read below and bubble in the correct answer for each question. In order to pass and receive CEU credit, you may not answer more than 7 incorrect answers

1. Women commit suicide more often than men do.
 - True
 - False
2. The odds of losing a patient to suicide if you are a psychologist are:
 - 1 in 100
 - 1 in 20
 - 1 in 10
 - 1 in 5
3. Suicide is the second leading cause of death in 15-24-year old's.
 - True
 - False
4. Which diagnosis or diagnoses are associated with suicidality?
 - Schizophrenia
 - Borderline personality disorder
 - Major depressive disorder
 - Substance abuse
 - All of the above
5. Most people who have suicidal ideation will make suicide attempts.
 - True
 - False
6. Suicide risk screens must only be done via personal interview to be reliable and valid.
 - True
 - False
7. Suicidal risk is not always obvious or apparent.
 - True
 - False
8. Which of the following is not an indicator of an acute suicide risk.
 - Excessive use of drugs or alcohol
 - Dramatic mood changes
 - Anhedonia, loss of meaning or purpose
 - Being diagnosed with a personality disorder
 - Anger, rage or aggressive behavior

9. Certain groups are more at risk than others. Which group below has the most risk?
- African American men
 - Asian men
 - Hispanic men
 - Non-Hispanic white men
10. Joiner's theory of suicide is:
- The 3-Step Theory
 - Interpersonal Theory
 - Cognitive Behavioral Model
 - Differential Activation Theory
11. CAMS (Collaborative Assessment & Management of Suicidality) is:
- A therapeutic framework for intervention
 - Focuses on problems identified by the patient
 - Helps the patient discover purpose and meaning
 - All of the above
12. Marsha Linehan's model (RAP) is an appropriate choice for high risk groups.
- True
 - False
13. CBT (Cognitive behavioral therapy) strategies are not appropriate for suicidal clients.
- True
 - False
14. Flemons & Gralnik developed Relational Suicide Assessment with which 3 steps?
- Exploring risks and resources with the client
 - Coming to a safety decision
 - Consulting with colleagues
 - Collaboratively developing a safety plan
15. Crisis interventions when there is suicidality are:
- Active rather than passive
 - Grounded in the therapeutic alliance
 - Open and honest communications
 - All of the above
16. The emphasis in the CASE approach is on how to ask questions when assessing the patient.
- True
 - False
17. Psychotherapists are expected to be able to predict and prevent suicide.
- True
 - False
18. Possible outpatient interventions with a suicidal patient may include:
- Daily check-ins
 - Suicide watch
 - Medication consultation
 - Decision to hospitalize
 - All of the above

19. The Harris-Youngren Risk Management Taxonomy differentiates the serious attempter from the chronic attempter.
- True
 - False
20. Who is more difficult to treat?
- The serious attempter
 - The chronic attempter
21. Which type is more likely to suffer from Axis 2 or personality disorders?
- The serious attempter
 - The chronic attempter
22. When dealing with a chronically suicidal borderline patient, if the client fails to follow clinical advice, it can be appropriate to terminate treatment.
- True
 - False
23. Military personnel have always had higher suicide rates than civilians.
- True
 - False
24. How a psychotherapist handles a suicidal case has ethical implications. These include knowing the factors associated with risk and taking reasonable steps to protect the patient.
- True
 - False
25. When family members, close friends or patients commit suicide, survivors go through grief as well as:
- Guilt and self-blame
 - A search to understand the reason for the suicide
 - Social stigma
 - All of the above