

Suicide: Assessment & Intervention
Taught by Kjell Rudestam, Ph.D.
Saturday March 28, 2020

SYLLABUS

| EDUCATIONAL GOALS & LEARNING OBJECTIVES

Goals:

The goals of this course are the following:

1. Provide an overview of contemporary theories and models of suicide risk and behavior.
2. Provide tools for assessing suicide risk based on an understanding of correlates of suicide.
3. Describe appropriate standards of care for working with suicidal patients.
4. Explain the distinction between crisis intervention and longer-term interventions addressing suicide risk and behavior.
5. Describe how to respond appropriately and sensitively to the needs of family members and friends who are survivors of suicide.

Learning Objectives:

Upon completion of this course, the participants will be able to:

1. Describe two contemporary models of suicide risk and behavior
2. List 5 indicators of acute suicide risk
3. Describe 5 outpatient interventions for working with suicidal patients (standards of care)
4. Describe 3 principles of crisis intervention
5. Describe 2 suggestions for working with chronically suicidal individuals
6. Describe 2 suggestions for helping suicide survivors

| COURSE OUTLINE

1. OVERVIEW OF TODAY'S WORKSHOP
2. SUICIDE RATES & DEMOGRAPHICS
 - A. Commonalities of suicide
3. SUICIDE RISK FACTORS
 - A. Basic suicide assessment
 - B. Diagnostic groups
 - C. Acute suicide risk factors
 - D. AAS warning signs
 - E. SAD persons
 - F. Resilience to suicide
 - G. Exercise: case vignettes
4. MODELS OF SUICIDE
 - A. Escape theory
 - B. Interpersonal theory of suicide
 - C. Integrated motivational volitional model
5. SUICIDE RISK ASSESSMENT
 - A. Suicide screens
 - B. Collaborative Assessment and Management of Suicidality (CAMS)
 - C. University of Washington Risk Assessment Protocol (Linehan)
 - D. Relational Suicide Assessment
 - E. Interviewing skills – CASE approach
6. PROFESSIONAL STANDARDS OF CARE
 - A. Standards of Care
 - B. Malpractice Issues
7. CHARACTERISTICS OF CRISIS
 - A. Suicide Crisis Interventions
 - B. Outpatient Interventions
8. CHRONIC SUICIDE RISK
 - A. Managing chronic suicide risk
 - B. Hospital suicides
 - C. Survivors of suicide
 - D. Suicide in the military
9. DISCUSSION: SUICIDE CASES & SPECIFIC ISSUES

| REFERENCES

1. Barle, N., Wortman, C. B., & Latack, J. A. (2017). Traumatic bereavement: Basic research and clinical implications. **Journal of Psychotherapy Integration**, **27**(2), 127 – 139.
2. Berman, A. L., & Silverman, M. M. (2014). Suicide risk assessment and risk formulation Part II: Suicide risk formulation and the determination of levels of risk. **Suicide and Life-Threatening Behavior**, **44**(4), 432-443.
3. Flemons, D., & Gralnik, L. M. (2013). **Relational suicide assessment: Risks, resources, and possibilities for safety**. New York: Norton.
4. Jobes, D. A. (2012). The collaborative assessment and management of suicidality (CAMS): An evolving evidence-based clinical approach to suicidal risk. **Suicide and Life-Threatening Behavior**, **42**(6), 640-653.
5. Ribeiro, J. D., Bodell, L. P., Hames, J. L., Hagan, C. R., & Joiner, T. E. (2013). An empirically-based approach to the management of suicidal assessment and behavior. **Journal of Psychotherapy Integration**, **23** (3), 207-221.
6. Shea, S. C. (2011). **The practical art of suicide assessment**. New York: Wiley.
7. Silverman, M. M., & Berman, A. L. (2014). Suicide risk assessment and risk formulation Part 1: A focus on suicide ideation in assessing suicide risk. **Suicide and Life-Threatening Behavior**, **44**(4), 420-431.
8. **Suicide Prevention Resource Center**: www.sprc.org
9. **American Association of Suicidology**: www.suicidology.org
10. **American Foundation of Suicide Prevention**: www.afsp.org

| SANTA BARBARA RESOURCES FOR SUICIDE:

- Access/CARES Mobile Crisis Team: (888) 868-1649
- SAFTY Mobile Crisis Team for Youth (under 21): (888) 334-2777
- Cottage Hospital Emergency Psychiatric Services: (805) 569-8339
- Crisis Text Line: 741741 (text the word “Connect”)
- Hospice of Santa Barbara: (805) 563-8820
- Santa Barbara Response Network: (805) 699-5608