

## **Unlocking Suicidal Secrets New Thoughts on Old Problems in Suicide Prevention**

This one-day training (consisting of four workshops) provides participants with the state-of-the-art skills necessary to tackle some of the most difficult clinical situations facing experienced staff regarding suicide assessment and prevention, documentation of risk, treatment planning regarding suicide, and building resiliency. This full-day training is listed on the Zero Suicide Website's "Suicide Care Training Options" List.

1. **Workshop #1: The Art of Matrix Treatment Planning and the Quest for Happiness: Suicide Prevention in a New Light** – This workshop describes a model called "matrix treatment planning" that was developed to transform the types of stalled treatment plans that may lead to suicide. The model focuses upon a style of suicide prevention known as "upstream suicide prevention" which attempts to prevent suicides by instilling resiliency in people so that they do not develop suicidal ideation in the first place.
2. **Workshop #2: Effectively Using Risk and Protective Factors in Suicide Assessment and the Art of Sound Documentation** - A refreshing look is given to the concept of arriving at a clinical formulation of risk using risk factors, protective factors, and warning signs. Dr. Shea delineates how to wisely use the above factors in a flexible fashion for arriving at a clinical formulation of risk that forms a powerful antidote to the "check-list" approach to performing a suicide assessment, so commonly seen today. Dr. Shea then proceeds to show how to document a suicide assessment, providing workshop participants with state of the art tips for writing a sound document that is both a useful clinical tool and a written record that can keep the clinician "out of court".
3. **Workshop #3: Innovative Interviewing Techniques for Uncovering Suicidal Ideation and Other Sensitive Material** - The focus of this section of the workshop shifts to direct methods of uncovering dangerous secrets by understanding seven practical interviewing techniques. A powerful video demonstration of these interviewing techniques provides the workshop participant with a variety of gateways for uncovering the types of sensitive topics that may lead to suicidal thoughts including: physical abuse, drug abuse, antisocial behavior, and incest.
4. **Workshop #4: The Delicate Art of Eliciting Suicidal Ideation: The Chronological Assessment of Suicide Events** - The workshop will conclude with a compelling video demonstration of how these validity techniques can be woven into a flexible strategy for uncovering suicidal ideation and intent – the internationally acclaimed Chronological Assessment of Suicide Events (the CASE Approach).

## **Learning Objectives:**

- Apply the principles of matrix treatment planning to enhance resiliency in both the patient and the clinician including principles such as healing matrix effects, damaging matrix effects, and the red herring principle.
- Use the current state of the art regarding risk, protective factors, and warning signs to better formulate suicide risk.
- Understand and be able to create better documentation of risk.
- Recognize and be able to utilize seven interviewing techniques for uncovering sensitive and taboo material: normalization, shame attenuation, the behavioral incident, gentle assumption, denial of the specific, the catch-all question, and symptom amplification
- Apply the CASE Approach to uncover hidden suicidal ideation, actions, and intent as well as uncovering a dangerous patient's hidden method of choice for suicide.

## Bio

**Shawn Christopher Shea, M.D.** is an internationally acclaimed workshop leader and innovator in the fields of suicide prevention, clinical interviewing, creating resiliency, and improving medication adherence having given over 850 presentations worldwide. He is a frequent presenter at the annual meeting of the American Association of Suicidology and at the Cape Cod Symposium where his courses have received some of the highest evaluations in the 30 year history of the Symposium.

Dr. Shea is the author of seven books and numerous articles including one of the classic texts in the field of suicide prevention, *The Practical Art of Suicide Assessment*. **Dr. Shea's recently published book *Psychiatric Interviewing: the Art of Understanding, 3<sup>rd</sup> Edition* was chosen by the British Medical Association as the 2017 Book of the Year in Psychiatry.** Former Surgeon General C, Everett Koop, M.D., Sc.D. provided the foreword to Dr. Shea's book, *Improving Medication Adherence: How to Talk with Patients About Their Medications* which, in 2009, was chosen for Doody's Core Titles list of the most important books in the fields of medicine and nursing.

Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing ([www.suicideassessment.com](http://www.suicideassessment.com)), a training and consultation service providing workshops, consultations, and quality assurance design in mental health assessments. Dr. Shea is also in private practice.