

Full-Day Group Training - Level 1 Certification

Experiential Training in the Chronological Assessment of Suicide Events (CASE Approach)

Provided by: Shawn Christopher Shea, MD

Training Institute for Suicide Assessment and Clinical Interviewing (TISA)
www.suicideassessment.com

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Intended Audience: Counselors, Psychologists, Psychiatrists, Social Workers, Psychiatric Nurses, Substance Abuse Counselors, School Counselors, Case Managers, and Crisis Center Providers

Description

Undoubtedly one of the most difficult and critical tasks for any clinician is the assessment of suicide risk. In this full-day experiential set of workshops, participants develop a working expertise in the innovative interviewing strategy for eliciting suicidal ideation, behaviors, and intent called the Chronological Assessment of Suicide Events (the CASE Approach). The internationally acclaimed CASE Approach has been described by David Jobes Ph.D., a former President of the American Association of Suicidology, as follows:

“The CASE Approach moves the clinician almost imperceptibly into the secret internal workings of the mind and soul of the patient tormented by suicidal ideation. I believe that the CASE Approach is a remarkable conceptual and clinical contribution to the field of suicidology. It should be taught to any front-line clinician. It has the power to meaningfully save lives.”

In the course of the day, two state-of-the-art role-playing approaches - *microtraining* and *macrotraining* are adapted to provide an intensive small-group training experience – Scripted Group Role-Play (SGRP) training - that not only provides a sound introduction to the principles of the CASE Approach but also provides an opportunity to practice the techniques via a set of carefully designed role-playing experiences.

Dr. Shea provides an in-depth presentation of how to use the CASE Approach to weave four interviewing techniques - designed to increase validity - into a fluid interview strategy for uncovering suicidal desire, ideation, planning, actions and intent. He provides brief didactics to describe each validity technique and how each region of the CASE Approach (presenting suicidal ideation, recent ideation over the past two months, past suicidal ideation, and immediate ideation and intent during the interview itself) is explored by sequencing these interviewing techniques. Every technique and sequential region of the CASE Approach is demonstrated by the showing of a video of Dr. Shea using the CASE Approach.

Participants break into learning pods of four individuals *directly after each specific technique is described and demonstrated* to employ the role-playing techniques described

above. Dr. Shea circulates among the learning pods to observe and provide direct feedback, as well as demonstrating techniques where appropriate. By the end of the day, each participant will have individually performed, as the interviewer, approximately 10 role-plays (to enhance their skill in using each interviewing skill), will have functioned as the interviewee in approximately 10 role-plays (to experience what the interviewing techniques feel like to clients), and will have functioned as an “observer coach” in approximately 20 role-plays to better understand the nuances of the interviewing techniques and consolidate their use.

Objectives

By the end of the day, participants will have gained both a theoretical and experiential understanding of the CASE Approach, providing them with advanced skills in the effective use of the following techniques and strategies:

Individual use of validity techniques:

1. shame attenuation
2. normalization
3. behavioral incident
4. gentle assumption
5. symptom amplification
6. denial of the specific
7. catch-all question

Integration of the validity techniques into the CASE Approach:

1. creating a “verbal videotape” using behavioral incidents
2. sequential exploration of suicidal ideation, behavior, plans and intent in the past 48 hours (Presenting Suicide Events)
3. sequential exploration of suicidal ideation, behavior, plans and intent in the past 2 months (Recent Suicide Events)
4. sequential exploration of suicidal ideation, behavior, plans and intent in the remaining history of the past (Past Suicide Events)
5. sequential exploration of suicidal ideation, plans, and intent actually occurring during the interview itself (Immediate Suicide Events)
6. instruction on how to flexibly apply the CASE Approach to the unique needs of the client and the clinical situation, whether a face-to-face interview or during a crisis line intervention.

The Designer and Trainer:

Shawn Christopher Shea, M.D. is an internationally acclaimed workshop leader and educational innovator in the fields of suicide prevention, resiliency, clinical interviewing, and improving medication adherence having given over 850 presentations

worldwide. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association for his presentations at their annual meetings. 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. He has also presented at the Santa Fe Symposium, the Door County Summer Institute, and the Muskoka Summer Seminar Series from McMaster University.

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*. His works have been translated into a variety of languages as diverse as French, Greek, Japanese, and Chinese. Both previous editions - as well as Dr. Shea's recently published Third Edition of *Psychiatric Interviewing: the Art of Understanding* - were chosen by the Medical Library Association for the Brandon/Hill List (now known as Doody's Core Titles List) as one of the 16 most important books in the field of psychiatry.

His book on creating resiliency in difficult times - *Happiness Is* - was chosen as a Brodart Library Gem, a Bowker's title to Watch, and as the Philosophy Book of the Month by the Radical Academy. 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), a training and consultation service providing workshops, consultations, and quality assurance design in mental health assessments. Dr. Shea is also in private practice.

For more information on the CASE Approach, the following two-part article is available as a free pdf on our Website. On the home page toolbar select Clinician Resources, and then Free Journal Articles. Click on article #1: "2-Part Article on Uncovering Suicidal Intent and the CASE Approach":

Shea, SC: Suicide Assessment: Part 1: Uncovering Suicidal Intent – A Sophisticated Art and Part 2: Uncovering Suicidal Intent Using the Chronological Assessment of Suicide Events (CASE Approach). *Psychiatric Times*. December, 2009.

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