

## **Keynote #1 – Suicide Prevention in a New Light: Matrix Treatment Planning and the Quest for Happiness**

**Speaker:** Shawn Christopher Shea, M.D. ([www.suicideassessment.com](http://www.suicideassessment.com))

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**Intended Audience:** Appropriate for counselors, psychologists, psychiatrists, psychiatric nurses, social workers, substance abuse counselors, school counselors, case managers, and all mental health trainees

### **Description**

Pulling from his best-selling book of philosophy - *Happiness Is* - and years of helping individuals coping with severe illnesses such as schizophrenia and bipolar disorder, Dr. Shea takes the audience on a provocative journey into the importance of philosophical inquiry and its ramifications in unstalling stalled treatment planning and other vital processes in preventing suicide such as building the therapeutic alliance, improving medication adherence, and creating hope. Two questions are used to launch this philosophical exploration: 1) What is the nature of happiness? and 2) What is the nature of human nature itself?

The answers, derived from Dr. Shea's twenty-five years of clinical practice, fifty years of navigating life's ups and downs and from an array of thinkers and pop icons - from the mystic Julian of Norwich to the writer Herman Hesse - are surprising. They provoke creative ways of conceptualizing the goals of mental health intervention and the pathways taken to achieve these goals - matrix treatment planning - as we attempt to prevent suicide, all of which are brought to life with compelling clinical examples.

Dr. Shea provides a remarkably fresh definition of happiness, which has numerous ramifications for problem solving, transforming difficult times, and finding hope, while providing a surprisingly refreshing antidote to clinician "burn-out" as both client and clinician undertake their respective quests for happiness. He deftly, and with a wicked sense of humor, transforms the basic beliefs of the "Bio-psycho-social-spiritual" model into a lively and layperson-friendly fabric called "the human matrix," which can be used by both the clinician and the client as a gateway to collaborative treatment planning as well as a dynamic map for self-exploration and revitalization.

### **Objectives**

- 1) Be able to describe the importance of philosophical inquiry in everyday clinical practice from engaging patients and treatment planning to preventing suicide.
- 2) Be able to discuss and apply a unique definition of happiness and its implications for treatment planning, the prevention of suicide, and the creation of resiliency in both client and clinician.
- 3) Be able to use the principles of matrix treatment planning to

unstable stalled healing including healing matrix effects, damaging matrix effects, and the Red Herring Principle.

### **The Speaker**

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.

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.