

## Full-Day Set #1

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

**Presenter: Shawn Christopher Shea, M.D.**

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

### Description

This full-day workshop provides front-line clinicians with the state of the art skills necessary to tackle some of the most difficult clinical situations facing experienced clinicians regarding suicide assessment and prevention, documentation of risk, treatment planning, and building resiliency.

Dr. Shea begins the day by describing an innovative approach to collaborative treatment planning - a model called "matrix treatment planning" – 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 they do not develop suicidal ideation in the first place. In the process Dr. Shea also provides a remarkably fresh definition of happiness, which has numerous ramifications for problem solving, transforming difficult times, suicide prevention, and finding hope, while providing a surprisingly refreshing antidote to clinician "burn-out".

In the next workshop, 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 provides a sophisticated integration of these factors into a flexible method of 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 dissect the fine art of documenting a suicide assessment, providing 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."

After lunch the focus shifts to direct methods of uncovering dangerous secrets. The first afternoon workshop is devoted to understanding seven practical validity techniques: normalization, shame attenuation, the behavioral incident, gentle assumption, the catch-all question, denial of the specific and symptom amplification - the cornerstones for effectively eliciting suicidal ideation. Dr. Shea demonstrates how these interviewing techniques can also provide powerful gateways for uncovering the types of sensitive topics that may lead to suicidal thoughts including: physical abuse, drug abuse, antisocial behavior, and incest. The final workshop of the day is devoted to a demonstration of how these validity techniques can be woven into a specific strategy for uncovering suicidal ideation and intent – the Chronological Assessment of Suicide

Events (the CASE Approach). The highly 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.”

All interviewing techniques will be clearly demonstrated through the use of videotape examples from actual client interviews.

### **Objectives**

- 1) Be able to effectively apply the principles of matrix treatment planning and understand their relationship to the quest for a more resilient form of happiness and suicide prevention (including healing matrix effects, damaging matrix effects, and the Red Herring Principle).
- 2) Be able to use the current state of the art regarding risk and protective factors to better formulate suicide risk, including the ability to utilize interviewing techniques for uncovering psychotic risk factors such as command hallucinations, feelings of alien control, and hyper-religious ideation.
- 3) Be able to create better risk documentation by understanding how attorneys use the written document to attack or defend in malpractice suits and the "Seven Protective Principles for Suicide Documentation."
- 4) Recognize and be able to utilize the following 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,.
- 5) Be able to utilize flexible strategies for weaving the above seven validity techniques into effective methods of uncovering sensitive material related to suicide such as antisocial behavior, substance abuse, and violent ideation, while maintaining a powerful engagement.
- 6) Be able to apply the CASE Approach to uncover hidden suicidal ideation, actions, and intent.

### **Sample Schedule**

**Registration** 8:00 - 8:30

**Workshop I** 8:30 - 10:00

The Art of Matrix Treatment Planning and the

Quest for Happiness: Suicide Prevention  
in a New Light

<b>BREAK</b>	10:00 - 10:15
<b>Workshop II</b>	10:15 - 11:45
New Thoughts on Using Risk and Protective Factors in Suicide Assessment and the Art of Sound Documentation	
<b>LUNCH</b>	11:45 - 12:45
<b>Workshop III</b>	12:45 - 2:15
Innovative Interviewing Techniques for Uncovering Suicidal Ideation and Other Sensitive Material	
<b>BREAK</b>	2:15 - 2:30
<b>Workshop IV</b>	2:30 - 4:00
The Delicate Art of Eliciting Suicidal Ideation - The Chronological Assessment of Suicide Events	

### **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. 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.