

## Full-Day Set #4

# From Hope to Healing: New Secrets for Preventing Suicide and Uncovering Psychosis

**Speaker: 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 (Note: this presentation is identical to full-day set #1 except the second workshop is completely different)**

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, building resiliency, and spotting dangerous psychotic process.

Dr. Shea begins the day by tracking down the answers to two elusive and controversial questions: What is the nature of happiness? and What is the nature of human nature itself? He then demonstrates, with specific clinical examples, how the answers to these philosophical questions can be powerfully applied - a model called "matrix treatment planning" - to transform the types of stalled treatment plans that may lead to suicide. In addition he 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" as both client and clinician undertake their respective quests for happiness.

In the second workshop of the day, Dr. Shea looks at the puzzling world of psychosis. He demonstrates a variety of specific interviewing techniques to help clinicians ferret out the earliest signs of impending psychosis or relapse, while providing a better understanding of the exquisite pain created by psychotic process. In addition he provides immediately practical interviewing techniques for spotting dangerous psychotic process including suicide, homicide, and self-mutilation. Dr. Shea illustrates his interviewing techniques with compelling videos of actual clients experiencing psychotic process.

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.”

Techniques will be clearly demonstrated through the use of videotape examples from actual client interviews.

### **Objectives**

- 1) Understand and be able to describe the importance of the "Human Matrix Model" in everyday clinical practice from treatment planning to suicide prevention.
- 2) Understand and be able to discuss a unique definition of happiness and its implications for nurturing a resilient and "tougher happiness" and a more powerful style of treatment planning.
- 3) Be able to describe the phenomenology of both subtle and striking psychotic process, including the soft signs of psychosis.
- 4) Be able to describe the specific types of psychotic processes that can lead to suicide, violence, and self-mutilation and use effective interviewing techniques to uncover them.
- 5) Recognize and be able to utilize the following seven techniques for increasing validity: the behavioral incident, shame attenuation, gentle assumption, symptom amplification, and denial of the specific.
- 6) Be able to utilize flexible strategies for weaving the above seven validity techniques into effective methods of uncovering sensitive material, such as antisocial behavior and violent ideation, while maintaining a powerful engagement.
- 7) Be able to describe the theory behind the Chronological Assessment of Suicide Events (the CASE Approach) and apply it to uncover hidden suicidal ideation, actions, and intent.

## Sample Schedule

<b>Registration</b>	8:00 - 8:30
<b>Workshop I</b>	8:30 - 10:00
The Quest for a Resilient Happiness: Matrix Treatment Planning and Its Role in Suicide Prevention	
<b>BREAK</b>	10:00 - 10:15
<b>Workshop II</b>	10:15 - 11:45
The Art of Spotting the Early Emergence of Psychosis and Uncovering Dangerous Psychotic Process	
<b>LUNCH</b>	11:45 - 12:45
<b>Workshop III</b>	12:45 - 2:15
Innovative Interviewing Techniques for Uncovering Sensitive Material from Suicidal Ideation to Antisocial Behavior	
<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.