

Full-Day Set #6

Uncovering Suicidal Ideation and Other Dangerous Secrets in Schools and Universities

Presenter: Shawn Christopher Shea, M.D.

For workshop inquiries contact us at: shea@suicideassessment.com

Description

This four-part workshop series provides school counselors - from middle schools to universities - with the state of the art skills necessary to tackle some of the most difficult clinical situations facing experienced counselors regarding suicide assessment. Topics include: the practical use of risk and protective factors in formulating risk, innovative strategies for uncovering suicidal ideation and intent, forensically sound methods for documenting risk, interview strategies for uncovering taboo topics often associated with increased suicide risk such as substance abuse and incest, and interviewing tips for spotting dangerous psychotic process both directed towards self and others.

In the first workshop, Dr. Shea 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 counselor and school "out of court."

The second 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. Using videotape of an adolescent client 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 in students including: problems with grades, relationship problems, physical abuse, drug abuse, antisocial behavior, bullying, and incest.

The third workshop of the day, also enriched by a vivid videotape demonstration is devoted to an exploration of how these validity techniques can be woven into a specific strategy for eliciting suicidal ideation – the Chronological Assessment of Suicide Events (the CASE Approach). The highly acclaimed CASE Approach, as integrated into a sound suicide assessment in Dr. Shea's book *The Practical Art of Suicide Assessment*, was described in the following review from School Psychology Resources Online:

“Dr. Shea makes the process of discovering suicidality come alive.

Even if you are not directly involved in suicide risk assessment, this is a very worthwhile read. If you are directly involved, this is a must read.”

The last workshop looks at the puzzling world of psychosis, which often first shows itself in high school and college years. Using a series of compelling videotapes from actual client interviews with late adolescents, Dr. Shea demonstrates specific interviewing techniques to help school counselors ferret out the early signs of impending psychosis as well as spotting dangerous psychotic process including suicide, homicide, and self-mutilation.

Objectives

- 1) Be able to use the current state of the art regarding risk and protective factors to better formulate suicide risk with students.
- 2) Understand how attorneys use the written document to attack or defend in malpractice suits and the "Seven Protective Principles for Suicide Documentation."
- 3) 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, poor academic performance, history of incest, and violent ideation, while maintaining a powerful engagement.
- 5) Apply the CASE Approach to uncover the hidden suicidal ideation, planning, intent, and actions of students.
- 6) Understand and be able to utilize interviewing techniques for spotting delusional mood, delusional perception, the life-cycle of a psychosis, and dangerous psychotic processes including command hallucinations, alien control, and hyper-religiosity as related to suicide and violence towards others.

Sample Schedule

Registration	8:00 – 8:30
Workshop I An Updated Approach to Risk Formulation & Sound Documentation	8:30 - 10:00
BREAK	10:00 - 10:15

Workshop II	10:15 - 11:45
Innovative Interviewing Techniques for Uncovering Dangerous, Sensitive, and Taboo Material with Students	
LUNCH	11:45 - 12:45
Workshop III	12:45 - 2:15
The Delicate Art of Eliciting Suicidal Ideation - The Chronological Assessment of Suicide Events	
BREAK	2:15 - 2:30
Workshop IV	2:45 - 4:15
The Elusive World of Psychosis: How to Help Students Share the Frightening World of Psychotic Process	

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), a training and consultation service providing workshops, consultations, and quality assurance design in mental health assessments. Dr. Shea is also in private practice.