



Pathways to Resiliency, Strength and Recovery

Date: Thursday, May 5, 2016

Location: Regis University Lowell Campus, Denver, CO

Time: 8:30 a.m. – 11:30 a.m.

Separate Registration Required. You must register and pay an additional fee, if applicable, for preconference workshops. It is not included in the BtD Summit.

Workshop Title:

Two-Part Clinical Workshop: Managing Suicide Risk and Building Client Resilience

Presenter: Julie Reichenberger, MA, LPC, LLC and Becky Newquist

Abstract:

This two-part clinical training will address assessing and managing suicide risk and tools for building client resiliency as part of working through suicide. As clinicians, we are trained to work with people who struggle with depression, anxiety, low self-esteem, suicide ideation and often in crisis. Many lack the training needed to increase confidence and competence in working with those at risk of suicide. This workshop will combine two aspects of clinical work to provide guidance for clinicians in working with clients while in risk and once safe and no longer at risk. Using a resiliency approach to working with clients goes beyond symptom management to building on strengths, creating a strong foundation of connectedness and increasing one's ability to manage life. The first half of the workshop will cover basic suicide assessment skills, considerations for crisis management, documentation and engaging collateral and other supports to ensure client safety. Attendees will also be challenged to reflect on their own attitudes about suicide and how they may influence their clinical judgment. The

Reichenberger & Newquist Preconference Workshop

second half of the workshop will shift our focus from risk management to building client resiliency once the client is in a safe state and willing to work toward continued growth. Attendees will learn six core components of resiliency and will have the opportunity to learn clinical techniques to use immediately with their clients to assist them in building resiliency.

Educational Objectives: At the conclusion of this presentation participants should be able to after part-one 1) Assess for suicide risk and level of appropriate care; 2) Create a solid safety plan including crisis contact and supports/collateral; 3) learn to how and when write an M-1 hold; 4) Documenting assessment. After part-two: 1) Define resiliency; 2) Identify six core components of resiliency; 3) Learn techniques to use with clients who struggle with suicidal ideation to guide them in building resiliency.