

Sample Three Hour Workshop on Suicide:
Drs. Paul & Darcy Haag Granello

TIME: One hour: Suicide

Attendees will:

- Be given an orientation to the workshop, goals, and desired outcomes
- Receive an overview of suicide, with emphasis on Florida
- Gain an understanding of their own beliefs, myths, etc., through a self- assessment
- Gain a basic understanding of suicide, including theoretical perspectives
- Learn specific risk factors, with an emphasis on:
 - Developmental factors (suicide in children, young adults, middle age adults, and the elderly)
 - Demographic factors (gender, race)
 - Medical illness (the link between suicide and HIV/AIDS, cancer, Huntington's, multiple sclerosis, with discussion of the uncertain role of other illnesses)
 - Special populations (GLBT, prison populations, military/police, and health professionals)
- Watch and discuss a video clip of high school students and their perceptions of suicide

Time: 30 minutes: Suicide Assessment

Attendees will:

- Learn the components of suicide risk assessment
- Understand the role of risk factors (individual and group) in risk assessment
- Discuss multiculturally appropriate risk assessment
- Learn the ethical and legal considerations of assessment
- Be exposed to several suicide assessment instruments, including:
 - Informal/unstructured methods
 - Formal/structured methods

Time: 45 minutes: Prevention

Attendees will:

- Learn suicide prevention models, including:
 - Individual prevention/resiliency issues
 - School-based prevention models
 - Community-based prevention models
- Discuss (in small groups, based on practice area) the role of prevention in their setting, and how they can begin to develop, or enhance, prevention programming

Time: 45 minutes: Intervention

Attendees will:

- Learn basics of intervention for children and adolescents, including:
 - Levels of care
 - The role of the school & school counselor before & after a suicidal crisis
 - Current research re: pharmacology and psychotherapy
- Learn basics of intervention for adults, including:
 - Levels of care
 - Community supports
 - Current research re: pharmacology and psychotherapy
 - Working with clients with on-going parasuicidal gestures and attempts
- Discuss (in small groups based on practice setting) case studies of clients to determine what considerations are in place in determining intervention levels and types.