

Sample Six Hour Workshop on Suicide, including Suicide in Mood & Anxiety Disorders
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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.

Time: 90 minutes: Mood Disorders and Suicide

Attendees will:

- Be reminded of the DSM-IV-TR mood disorders, including diagnostic criteria
- Learn theories of etiology of mood disorders
- Learn the current research regarding efficacy of psychological interventions for mood disorders
- Learn specific risk factors for children and adolescents
- Discuss school-based prevention activities
- Receive an overview of the major pharmacological interventions for mood disorders
- Watch a video that highlights diagnostic and assessment issues for suicide in persons with mood disorders

Time: 90 minutes: Anxiety Disorders and Suicide

Attendees will:

- Be reminded of the DSM-IV-TR anxiety disorders, including diagnostic criteria
- Learn the biological causes of anxiety and the way the body reacts to create anxiety
- Learn how the panic reaction in the brain triggers anxiety
- Discuss in detail the research for the major anxiety disorders that have been linked to suicide and the treatments that have been supported through research. These include:
 - Post-Traumatic Stress Disorder (PTSD) (including complex PTSD)
 - Treatment goals
 - Immediate/acute therapy
 - Pharmacotherapy
 - Psychotherapy
 - Special issues for children and PTSD
 - Panic Disorder
 - Psychological interventions
 - Psychopharmacology
 - Generalized Anxiety Disorder (GAD)
 - Clinical course of GAD
 - Detection of GAD/Assessment issues
 - Management of GAD
 - Pharmacotherapy
 - Psychotherapy
- Be given a brief overview of the anxiety disorders that have not been linked to suicide:
 - Obsessive-Compulsive Disorder
 - Social Anxiety Disorder/Social Phobia