

Counselling Suicidal Clients Therapy In Practice

Counselling Suicidal Clients addresses the important professional considerations when working with clients who are suicidal. The 'bigger picture', including legal and ethical considerations and organizational policy and procedures is explored, as is to how practitioners can work with the dynamics of suicide potential in the therapeutic process. The book is divided into six main parts: The changing context of suicide The prediction-prevention model, policy and ethics The influence of the organization The client process The practitioner process The practice of counseling with suicidal clients

Suicidality does not fit into the traditional medical illness model. Working with suicidal clients requires unique therapeutic approaches and is frequently referred to as one of the most demanding aspects of therapeutic work. Providing effective treatment and care for help-seeking suicidal individuals is of crucial importance. However, it cannot be automatically assumed that all mental health professionals feel competent to work with clients who are suicidal. Intriguingly, specific training in suicidality is frequently overlooked by psychological and medical study programs, even though such training has the potential to improve suicide intervention skills. Mental health professionals encounter different difficulties and challenges when faced with clients that experience suicidal ideation and/or have engaged in suicidal behaviour before or during treatment. We believe that it is essential to study professionals' experiences both from the point of view of providing high-quality care for the clients, as well as from the point of view of professionals' own well-being and mental health. With the aim to gain an overview and at the same time and in-depth understanding of their experiences, we conducted a study with a combination of quantitative and qualitative methods. Participants of the quantitative part of the study were 106 professionals (19 men and 87 women) with an educational background in psychology, medicine or other fields, who are working in the field of mental health. They reported having at least one experience of treatment of a suicidal client. The collection of data with the questionnaires took place between October 2017 and January 2019. The questionnaires inquired about participants' socio-demographic and professional characteristics, difficulties experienced in working with suicidal clients, attitudes toward suicide prevention, and coping strategies (constructive and avoidant) used under challenging situations in therapeutic or counselling work. The analysis of quantitative data was carried out with the SPSS program. Eleven psychotherapists (four men and seven women) participated in the qualitative part of the study. Semi-structured individual interviews that lasted approximately one hour were conducted between January and November 2018. The interviews focused primarily on topics of therapeutic alliance, therapists' experiences of suicidality peak in the clients, therapists' suicidality-related attitudes, knowledge and understanding, therapists' emotions, difficulties experienced in practice with suicidal clients and resources, and crisis management. The qualitative data was analysed by the principles of grounded theory with the use of ATLAS.ti program. On average, participants are relatively confident in their competence for working with suicidal clients. On the other hand, they also experience a certain level of difficulties with regards to working with suicidal clients. Importantly, participants that received a suicidality-related training feel more competent than those who did not receive such training. Higher self-assessed competence is, in turn, related to a lower frequency of experiencing different types of difficulties in practice with suicidal clients. While other factors, related to experiencing difficulties (e.g. attitudes), were also identified, confidence in own competence seems to be a strong predictor of most types of difficulties. Analysis of qualitative data resulted in identification of nine themes and 32 subthemes. The themes are grounded on 919 quotations, coded with 261 codes and 18 smart codes. On the basis of the findings, we developed a model of dynamic balance in therapists' experiences and views on working with suicidal clients. The model includes six core themes, each of them representing an aspect of therapists' experience and views where a dynamic balance is needed between two different poles. The core themes are: (i) understanding of suicidality: the general vs. specific; (ii) the role of alliance: protective factor vs. no guarantees; (iii) attitudes: acceptant vs. life oriented; (iv) emotional response: worry vs. trust; (v) responsibility: therapist's professionalism vs. client's autonomy; and (vi) focus: suicidality vs. individual as a person. The model also takes into account other variables that may be relevant to the process and outcomes of the therapy: contextual factors (variables related to system regulations and therapeutic setting) and variables, related to the therapist in a general sense and the client (including the client's family). Finally, the model considers the outcomes of the process for the therapist and the client. The findings have the potential to be useful for mental health professionals and psychotherapists in understanding different aspects of their experience and difficulties that they may encounter when working with suicidal clients. We believe that adequate suicidality-related training should be provided to professionals who are working with suicidal clients. Further on, the findings (especially the model) may also aid the therapists in identifying aspects of their experience that should be considered and worked on, e.g. in different forms of professional support.

Respectful and effective solution-focused brief therapy (SFBT) for suicidal clients Few tasks are more important—and daunting—than to help someone who is suicidal to go beyond the darkness of hopelessness to the light of hope. Hope in Action: Solution-Focused Conversations About Suicide is a unique resource providing fresh approaches to treating individuals and families where suicide is an issue. This comprehensive book provides a thorough grounding in using a solution-focused therapy approach to elicit and reinforce hope and reasons for living. Strategies are demonstrated with stories, case vignettes, and transcripts. Special applications include some of the most challenging high-risk clients that therapists treat, including people who make repeated attempts. This powerful resource offers a set of practice principles based on the existing empirical evidence in the context of clinical utility and client expertise. Hope in Action: Solution-Focused Conversations About Suicide provides case transcripts to help in role-play or rehearsal situations as well as numerous practical tips. The book also provides lists of solution-focused questions for use in various situations, including suicide crisis, the use of anti-depressant medications, facilitation of collaborative working relationships with colleagues as well as clients. Each application chapter gives therapists practical, hands-on tools and uses stories and illustrations to

make the book user-friendly. The text also offers a brief appendix on the basic skills of SFBT. Topics discussed in *Hope in Action: Solution-Focused Conversations About Suicide* include: current knowledge about preventing suicide at the individual level helping clients to utilize their strengths even when they are in crisis how research in diverse areas supports the solution-focused approach effective treatment for couples and families when one member is suicidal basic approaches to effective therapy with young children and teens who have attempted suicide respectful, effective therapy with people who seem to have adopted being suicidal as their primary coping strategy therapeutic tools that help the therapist to stay hopeful about clients and strengthen the therapeutic relationship *Hope in Action: Solution-Focused Conversations About Suicide* is a valuable resource for counselors and therapists at every experience level.

'[This] is essential reading for all who aspire to professional practice to ensure that knowledge and skills are up to date in order to best serve their clients.' Professor Sue Wheeler, University of Leicester '[It] continues to be the book that one turns to when looking for a clear introduction to the broad range of therapies that are offered in the UK today.' Dr Nick Midgley, Anna Freud Centre This classic text has helped over 50,000 students wishing to understand the key counselling and psychotherapy approaches. This sixth edition is the most comprehensive update since it was first published in 1984, with 15 newly contributed chapters and 8 updated chapters. Each approach now includes a new Research section summarising the research findings, an in-depth Case Study illustrating how that approach works in practice, and an extended Practice section. Also covered: · historical context and development · main theoretical assumptions · which clients will benefit most · strengths and limitations. New chapters include Compassion-Focussed Therapy, Interpersonal Therapy, Mindfulness in Individual Therapy, Pluralistic Therapy and The Transpersonal in Individual Therapy. This is an ideal one-stop shop for trainees of counselling, psychotherapy, counselling psychology, psychology and other allied professions wanting to learn about the most commonly practised therapies today. Windy Dryden has worked in the fields of counselling and psychotherapy since 1975. He is author/editor of over 200 books. Andrew Reeves is a BACP Senior Accredited Counsellor/Psychotherapist at the Univeristy of Liverpool and a freelance writer, trainer and supervisor. He is former Editor of the *Counselling and Psychotherapy Research* journal.

Every year, about 30,000 people die by suicide in the U.S., and some 650,000 receive emergency treatment after a suicide attempt. Often, those most at risk are the least able to access professional help. *Reducing Suicide* provides a blueprint for addressing this tragic and costly problem: how we can build an appropriate infrastructure, conduct needed research, and improve our ability to recognize suicide risk and effectively intervene. Rich in data, the book also strikes an intensely personal chord, featuring compelling quotes about people's experience with suicide. The book explores the factors that raise a person's risk of suicide: psychological and biological factors including substance abuse, the link between childhood trauma and later suicide, and the impact of family life, economic status, religion, and other social and cultural conditions. The authors review the effectiveness of existing interventions, including mental health practitioners' ability to assess suicide risk among patients. They present lessons learned from the Air Force suicide prevention program and other prevention initiatives. And they identify barriers to effective research and treatment. This new volume will be of special interest to policy makers, administrators, researchers, practitioners, and journalists working in the field of mental health.

The main purpose of this book is to provide the first comprehensive analysis of suicide in psychiatric patients. 95 per cent of those who commit suicide had a psychiatric disorder and yet suicide is rarely investigated in psychiatric patients. The book provides a relevant contribution to the prediction and prevention of suicide. This is a first book devoted to the subject with comprehensive chapters, including epidemiology, risk factors, preventive strategies and available treatments.

This book introduces readers to everything they need to know about counselling and psychotherapy theory, skills and practice. Drawing on years of experience as a counselling practitioner and educator, Andrew Reeves links theory to the development of appropriate skills and locates it within the context of therapeutic practice. Features including chapter summaries, discussion questions, prompts for reflection, case examples and further reading help students to apply what they've learnt and give them the confidence to progress into practice. The book covers: key theoretical approaches personal development counselling skills professional settings law, policy, values and ethics working with difference and diversity client and present issues, and more Learning is also supported by a wealth of online resources such as case studies and videos that show what theory looks like in practice, as well as journal articles to help extend knowledge. This is the essential text for any trainee practitioner, or for anyone needing an introduction to the foundations of counselling theory and practice.

Almost a million people die by suicide every year (WHO estimate) The sheer numbers have made suicide prevention a major health target, but effective prevention is not straightforward. Suicide is a complex event, more complex than most of us imagine, calling for an equally complex response. *Psychotherapy with Suicidal People* provides a multi-component approach, with rich clinical data including many case histories, to guide the reader. Based on decades of research from across the globe, Antoon A. Leenaars takes the reader into the mind of the suicidal person, from the young to the elderly, from the anonymous to the famous. There is no better way to know, and thus to treat, a person. A plethora of special features makes this volume an international classic and includes: Reflections of many suicidologists such as Heraclitus, Plato, Sigmund Freud, Emile Durkheim and Edwin Shneidman. A unique window on the clinical mind of the author. Empirically supported definition, with applications across age, gender, historical time, as well as culture. The report of the International Working Group on Ethical and Legal Issues in Suicidology. *Psychotherapy with Suicidal People: A Person-centred Approach* is essential reading for clinical psychologists, psychiatrists and their trainees, and all clinicians who work with suicidal people.

"*Cognitive Therapy for Suicidal Patients: Scientific and Clinical Applications* crystallizes more than 3 decades of basic,

clinical, and therapeutic research, providing a comprehensive review of the psychological factors associated with suicidal behavior. The authors describe their cognitive model of suicide, the instruments they developed to classify and assess suicidal behavior, and effective cognitive intervention techniques for suicidal individuals. The book includes a step-by-step protocol for cognitive therapy that is vividly illustrated in an extended case study. Individual chapters are dedicated to applying the protocol with special populations and overcoming challenges when working with suicidal patients."--pub. desc.

Clinical Interviewing, Fifth Edition blends a personal and easy-to-read style with a unique emphasis on both the scientific basis and interpersonal aspects of mental health interviewing. It guides clinicians through elementary listening and counseling skills onward to more advanced, complex clinical assessment processes, such as intake interviewing, mental status examination, and suicide assessment. Fully revised, the fifth edition shines a brighter spotlight on the development of a multicultural orientation, the three principles of multicultural competency, collaborative goal-setting, the nature and process of working in crisis situations, and other key topics that will prepare you to enter your field with confidence, competence, and sensitivity.

Counselling Suicidal Clients SAGE

Current and comprehensive information concerning the assessment and treatment of suicidal persons and the prevention of suicidal behavior. The eighth leading cause of death in the United States and the second leading cause among U.S. teens, suicide is unique in being self-inflicted and is, as such, often preventable. By assessing the risk of suicide accurately, providing effective treatment according to this risk, and implementing strategies against suicidal urges, mental health professionals can successfully guide their clients away from this senseless taking of life. *Assessment, Treatment, and Prevention of Suicidal Behavior* provides the most current and comprehensive source of information, guidelines, and case studies for working with clients at risk of suicide. It offers clinicians, counselors, and other mental health professionals a practical toolbox on three main areas of interest: **Screening and Assessment** covers empirically based assessment techniques and how they can define dimensions of vulnerability and measure the risk of self-destructive behavior. Authors discuss research on the use of each screening instrument, guidelines and suggestions for using the instrument in practice, and a case study illustrating its application. **Intervention and Treatment** compares several different approaches for structuring psychotherapy with suicidal clients. Each author covers a psychotherapy system, its application to suicidal clients, and a case study of its real-world use. **Suicide and Violence** explores the relationship between suicidal individuals and violence, covering suicide in specific contexts such as school violence, police confrontations, and terrorist violence. This section also includes a discussion of the increased risk of suicide in our more insecure and violent world, as well as how to promote coping styles for these new anxieties. While addressed mainly to psychologists, social workers, and other mental health professionals for use in serving their clients, as well as students of psychology, *Assessment, Treatment, and Prevention of Suicidal Behavior* is also an accessible and valuable resource for educators, school counselors, and others in related fields.

"I have worked in psychiatry as well as in private practice with suicidal people. I found it poignant and true when Reeves points out that people do not have to be mad to be suicidal and '...that assessing suicide potential fundamentally lies in engaging with the suicidal client at a deeper relational level'. So true. This thoroughly researched book is written with passion and compassion. It will be a valuable addition to the libraries of therapists and anyone else who works with suicidal people." - *Therapy Today*, July 2010 "A uniquely accessible, comprehensive and practical guide. Essential reading for counsellors and psychotherapists and all helping professionals who work with clients at risk of suicide." - Mick Cooper, Professor of Counselling, University of Strathclyde "A 'must read' for counsellors of all experience levels, offering sound practical strategies alongside thought-provoking case studies and discussion points. Reeves addresses this difficult topic with depth, breadth and integrity. Excellent." - Denise Meyer, developer and lead author of www.studentdepression.org "Andrew Reeves brings together his experience as a social worker, counsellor and academic to explore the essential elements in working with suicidal clients. His openness and integrity in writing about this complex topic creates a valuable resource for reflective practice." - Barbara Mitchels, Solicitor and Director of Watershed Counselling Service, Devon. *Counselling Suicidal Clients* addresses the important professional considerations when working with clients who are suicidal. The 'bigger picture', including legal and ethical considerations and organisational policy and procedures is explored, as is to how practitioners can work with the dynamics of suicide potential in the therapeutic process. The book is divided into six main parts: - The changing context of suicide - The prediction-prevention model, policy and ethics - The influence of the organisation - The client process - The practitioner process - The practice of counselling with suicidal clients. The book also includes chapters on the discourse of suicide, suicide and self-injury, and self-care for the counsellor. It is written for counsellors and psychotherapists, and for any professional who uses counselling skills when supporting suicidal people.

An innovative treatment approach with a strong empirical evidence base, brief cognitive-behavioral therapy for suicide prevention (BCBT) is presented in step-by-step detail in this authoritative manual. Leading treatment developers show how to establish a strong collaborative relationship with a suicidal patient, assess risk, and immediately work to establish safety. Proven interventions are described for building emotion regulation and crisis management skills and dismantling the patient's suicidal belief system. The book includes case examples, sample dialogues, and 17 reproducible handouts, forms, scripts, and other clinical tools. The large-size format facilitates photocopying; purchasers also get access to a Web page where they can download and print the reproducible materials.

New edition of an acclaimed manual which uses the solution focused approach to take an empathetic and validating approach to working with individuals considering suicide. Offers invaluable guidance for suicide prevention by showing "what works" in treating those struggling with suicidal thoughts. Provides straightforward ways to deal frankly with the subject of suicide, along with a range of tools and techniques that are

helpful to clients Includes actual dialogue between practitioners and clients to allow readers to gain a better understanding of how to work with suicidal clients Compares and contrasts a ground-breaking approach to suicide prevention with more traditional approaches to risk assessment and management Features numerous updates and revisions along with brand new sections dealing with the international landscape, blaming the suicided person, Dr Alys Cole-King's 'Connecting with People', and telephone work with the suicidal, Human Givens Therapy, and zero suicide

Integrating recent research and developments in the field, this revised second edition introduces an easy-to-master strategy for developing and writing culturally sensitive case conceptualizations and treatment plans. Concrete guidelines and updated case material are provided for developing conceptualizations for the five most common therapy models: Cognitive-Behavioral Therapy (CBT), Psychodynamic, Biopsychosocial, Adlerian, and Acceptance and Commitment Therapy. The chapters also include specific exercises and activities for mastering case conceptualization and related competencies and skills. Also new to this edition is a chapter on couple and family case conceptualizations, and an emphasis throughout on trauma. Practitioners, as well as graduate students in counseling and in clinical psychology, will gain the essential skills and knowledge they need to master case conceptualizations.

Foundations of Counseling and Psychotherapy provides an overview of the most prevalent theories of counseling within the context of a scientific model that is both practical and up-to-date. Authors David Sue and Diane Sue provide you with the best practice strategies for working effectively with your clients using an approach that recognizes and utilizes each client's unique strengths, values, belief systems, and environment to effect positive change. Numerous case studies, self-assessment, and critical thinking examples are included.

Nonsuicidal self-injury (NSSI) is a baffling, troubling, and hard to treat phenomenon that has increased markedly in recent years. Key issues in diagnosing and treating NSSI adequately include differentiating it from attempted suicide and other mental disorders, as well as understanding the motivations for self-injury and the context in which it occurs. This accessible and practical book provides therapists and students with a clear understanding of these key issues, as well as of suitable assessment techniques. It then goes on to delineate research-informed treatment approaches for NSSI, with an emphasis on functional assessment, emotion regulation, and problem solving, including motivational interviewing, interpersonal skills, CBT, DBT, behavioral management strategies, delay behaviors, exercise, family therapy, risk management, and medication, as well as how to successfully combine methods.

The Cambridge Handbook of Applied Psychological Ethics is a valuable resource for psychologists and graduate students hoping to further develop their ethical decision making beyond more introductory ethics texts. The book offers real-world ethical vignettes and considerations. Chapters cover a wide range of practice settings, populations, and topics, and are written by scholars in these settings. Chapters focus on the application of ethics to the ethical dilemmas in which mental health and other psychology professionals sometimes find themselves. Each chapter introduces a setting and gives readers a brief understanding of some of the potential ethical issues at hand, before delving deeper into the multiple ethical issues that must be addressed and the ethical principles and standards involved. No other book on the market captures the breadth of ethical issues found in daily practice and focuses entirely on applied ethics in psychology.

Helping the Suicidal Person provides a highly practical toolbox for mental health professionals. The book first covers the need for professionals to examine their own personal experiences and fears around suicide, moves into essential areas of risk assessment, safety planning, and treatment planning, and then provides a rich assortment of tips for reducing the person's suicidal danger and rebuilding the wish to live. The techniques described in the book can be interspersed into any type of therapy, no matter what the professional's theoretical orientation is and no matter whether it's the client's first, tenth, or one-hundredth session. Clinicians don't need to read this book in any particular order, or even read all of it. Open the book to any page, and find a useful tip or technique that can be applied immediately.

Developed from years of working with the most challenging suicidal cases, Dr. Meagan N. Houston has created a workbook to prepare you for all the intricacies that affect clients' choices to live or die. Treating Suicidal Clients & Self-Harm Behaviors is filled with proven assessments, unique worksheets and action-based methods to help your clients navigate and survive the turbulent periods of their lives where suicidal and/or self-harm behaviors appear to be their primary options to cope. This complete resource also includes underlying etiology, varying life factors, and mental health concerns that influence suicidal and self-destructive behaviors. * Downloadable assessments, worksheets and guides * Therapy approaches for Non-Suicidal Self-Injury (NSSI) and suicidal behavior * Applying crisis management skills, DBT and CBT to treatment * Ethical and legal issues related to working with suicidal behavior * Incorporating technology into treatment * Strategies for specific populations

The death of a patient is every therapist's worst nightmare. Even more frightening is the debilitating silence that surrounds a therapist after the death of a client. What do you do? How do you proceed with your personal and professional life? Until now, advice on surviving a patient's suicide has been scarce. This book examines this much-overlooked topic to help you continue to live and practice confidently. The authors of this courageous book mix first-person narratives with professional strategies to help therapists deal with the emotional and legal consequences that follow the loss of a client. Therapeutic and Legal Issues for Therapists Who Have Survived a Client Suicide provides you with: models of coping strategies for clinicians after a client completes a suicide an examination of factors that compound the trauma for the therapist survivor examples for dealing with a client's family suggestions for developing curricula for training institutions recommendations for supervisory guidelines explanations of—and means of mitigating—legal liability This practical book describes various ways of dealing with clinician and supervisory responsibilities after a client's self-inflicted death. It will show you how to minimize the legal risks of working with suicidal clients and help you regain your sense of professional competence if a suicide occurs. New methods of screening and treatment assistance are offered. With about 30,000 suicides occurring the the United States annually, and many of those people in treatment at or near the time they commit suicide, thousands of clinicians face this trauma yearly. The clear, specific, therapeutic and legal guidelines you'll find in the book, as well as the philosophical discussions, make it a vital read for therapists, counselors, social workers, nurses, supervisors, and educators in mental health training institutions.

The ethics book no psychology student or professional should be without Thoroughly updated and expanded to include recent research findings, landmark legal decisions, the Hoffman Investigation Report, and changes in the ethical guidelines of the American Psychological Association and the Canadian Psychological Association, the new 5th edition of Ethics in Psychotherapy and Counseling covers the latest developments in ethical thinking, standards, and practice. You'll learn how to strengthen your ethical awareness, judgement, and decision-making. Distinguished Emeritus Professor Don Meichenbaum described the 5th edition as 'a MUST READ book for both beginning and seasoned clinicians' and Professor David H. Barlow wrote, 'A stunningly good book. . . . If there is only one book you buy on ethics, this is the one.' Covers the many changes and challenges brought about by new technology, EHRs, videoconferencing, and texting, as well as practicing across state and provincial borders Discusses moral distress and moral courage Includes 5 chapters on different aspects of critical thinking about ethical challenges, including a chapter on 'Ethics Placebos, Cons, and Creative Cheating: A User's Guide' Deals with complex issue of culture, race, religion, sexual identity, sexual orientation, and politics Provides steps to strengthen ethics in organizations Offers guidance on responding to ethics, licensing, and malpractice complaints—not to imply that you'll need to after reading this book! Keeps the focus

on practical, creative approaches to the responsibilities, challenges, and opportunities encountered by therapists and counselors in their work.

Using the results of two comprehensive studies involving over 1,000 clients, this book examines the nature of lies and concealment in therapy, and shows therapists how to prevent or minimize client concealment.

Treatment of suicidal people takes three forms: prevention - strategies to avert conditions leading to suicide; intervention - treatment and care during the crisis; and postvention - response after the event has occurred. Unlike other current literature, here the focus is on the state of the art of intervention. This type of examination is essential, because suicidal people themselves are in need of such treatments - crisis intervention, psychotherapy, psychopharmacology and hospitalization. Written by professionals in the field, the *Treatment of Suicidal People* allows readers to participate in a learning experience. First is a case presentation of an individual - Arthur Inman - and his long road toward suicide, as chronicled in his personal diary. The second section puts forth guidelines for the evaluation of suicide risk and crisis intervention. A focus on more sustained efforts in psychotherapy is next, a theme which is continued in the fourth part by addressing psychiatric issues that are essential for treatment of highly disturbed and lethal patients. The following section examines a number of clinical and legal issues that transcend any one population of suicidal people, and any particular treatment approach or context. And lastly, the volume returns to Arthur Inman, with case consultations providing alternative perspectives and recommendations on his treatment. Suicide and related forms of self-injurious behaviour can be circumvented, if the involved professionals are sufficiently trained in assessment and prevention.

Working with Suicidal Individuals provides a comprehensive guide to understanding suicide, the assessment of risk, and the treatment and management of suicidal individuals. It covers the theory behind suicidal behaviour, using Transactional Analysis to explore the personality types of suicidal individuals and to understand their motivations.

How does the law define "reasonable care" in the treatment of suicidal patients? What are the most clinically and legally appropriate procedures for evaluating and managing suicide risks? And what forms of precautionary planning and documentation are recommended for minimizing the likelihood of malpractice actions? Drawing upon years of clinical experience as well as extensive malpractice claims data and relevant case law, this book outlines effective assessment, management, and treatment procedures that balance the need for high-quality care with the requirements of court-determined and statutory standards. Three widely cited papers on standards of care are accompanied by four new chapters on clinical and legal risk management and issues surrounding pharmacotherapy. Offering frank, balanced coverage of an extremely challenging clinical situation, *Risk Management with Suicidal Patients* helps psychologists, psychiatrists, and other practitioners develop their own clinically and legally informed strategies for providing the best possible care. It is also an invaluable resource for legal professionals, and may serve as a text in psychology and psychiatry ethics courses and courses on mental health law.

Since the first edition of *Clinical Manual for Assessment and Treatment of Suicidal Patients* was published in 2005, advances have been made that increase our understanding of suicidal and self-destructive behavior. Although clinicians cannot unerringly predict which patients will die by suicide, they can focus more successfully on early identification of suicidal behavior and effective intervention, and this new edition of the clinical manual thoroughly explores not only assessment of suicidality but what comes after an at-risk patient has been identified. The authors argue that treating specific psychiatric disorders is not enough to prevent suicide, and they offer clinicians the necessary information and strategies to bridge that gap. The authors' main premise is that suicide is a dangerous and short-term problem-solving behavior designed to regulate or eliminate intense emotional pain -- a quick fix where a long-term effective solution is needed -- and this understanding is the underpinning of the assessment and treatment strategies the authors recommend. The content of this new edition has been thoroughly reviewed and revised, and substantive changes have been made to specific chapters to ensure that the book represents the most current thinking and research, while retaining the strengths of the previous edition. The chapter on assessment has been revised to put the fundamental components of effective treatment in a clinical, case-oriented context and includes an easy-to-use assessment protocol that allows clinicians to determine where individual patients stand on seven dimensions (cognitive rigidity, problem-solving deficits, heightened mental pain, emotionally avoidant coping style, interpersonal deficits, self-control deficits, and environmental stress and social support deficits). The many issues involved in the use of psychotropic medications in suicidal patients are addressed in a new chapter, which includes information on the relevant classes of drugs (such as antidepressants and anti-anxiety agents) and the issues that may arise with their use, including side effects, degree of lethality, and tendency to aggravate suicidality on introduction and withdrawal of the medication. The chapter on special populations has been expanded to include adolescents, elders, and patients with co-occurring substance abuse or psychosis. Because of additional vulnerabilities, treating these groups may call for the use of added or special techniques to ensure the best therapeutic outcomes. Primary care physicians are the first point of contact for many patients, and they may require additional preparation in order to assess and respond to those experiencing suicidal thoughts. The chapter "Suicidal Patients in Primary Care" explores strategies for screening, recognizing, and assessing risk; treating the initial crisis; and developing a crisis management plan. "Tips for Success" appear at intervals, and "The Essentials" are included at the end of each chapter, highlighting the most important concepts. In addition, there are scores of helpful charts and exercises. Practical, accessible, and reader-friendly, the *Clinical Manual for Assessment and Treatment of Suicidal Patients* is not an academic book but rather is one designed to become an indispensable part of clinicians' working libraries.

This book offers essential information about assessing, managing, and providing mental health treatment for suicidal adult outpatients.

Suicide is a heartbreaking phenomenon that is the result of innumerable factors embedded in the personal histories and experiences of each patient. Yet despite this complexity, research has uncovered commonalities that can enable mental health practitioners to successfully treat suicidal patients. In this book, author Sam Knapp guides readers through the full process of treating suicidal patients, from screening to relapse prevention, using effective, research-informed interventions. He explains suicidal behavior through ideation-to-action theories of suicide, and argues for the application of principle-based ethics when making treatment decisions. He emphasizes the importance of a strong therapeutic relationship, and respecting patient autonomy as much as possible in such circumstances. Throughout, he makes current research on suicide accessible and useful to practicing mental health providers, connecting it with practical approaches and case examples informed by the author's extensive clinical experience.

The wide-ranging contexts in which counselling and psychotherapy is now practiced means clients present with a range of risks that therapists have to respond to. Risk is an ever-present issue for counsellors and psychotherapists and, in an increasingly litigious culture, the need for trainees to develop a sound understanding of how the right tools and the right knowledge can support their practice has never been greater. In this book Andrew Reeves takes trainees, newly qualified practitioners, and more experienced practitioners step-by-step through what is meant by risk, offering practical hints and tips and links to policy and research to inform good ethical practice along the way. This

book tackles:

- The definition of risk and how risk is linked to social, psychological and relational factors
- Working with those who are at risk of suicide, self-injury, self-harm and/or are an endangerment to others
- How therapists should respond to the risk in situations involving child protection, mental health crises, and in the therapeutic process itself
- The positive side of risk-taking
- How counsellors and psychotherapists can work with risk proactively and positively, informed by research.

Filled with case studies, ethical dilemmas, reflective questions, discussion questions and further reading, this book offers counsellors and psychotherapists guidance on how they can work with risk proactively and positively. It is an essential resource for all services, organisations and individual practitioners.

Cognitive Behavioral Therapy for Preventing Suicide Attempts consolidates the accumulated knowledge and efforts of leading suicide researchers, and describes how a common, cognitive behavioral model of suicide has resulted in 50% or greater reductions in suicide attempts across clinical settings. Simple and straightforward descriptions of these techniques are provided, along with clear explanations of the interventions' rationale and scientific support. Critically, specific adaptations of these interventions designed to meet the demands and needs of diverse settings and populations are explained. The result is a practical, clinician-friendly, how-to guide that demonstrates how to effectively reduce the risk for suicide attempts in any setting.

The second edition of this highly practical and easily understood handbook provides counselors and students with the means to quickly apply the 2014 ACA Code of Ethics to practice and to professional roles and activities. It contains on-point recommendations for each standard of the Code, a decision-making model, and a listing of ethics resources. Part I presents each section of the Code, along with a brief commentary that emphasizes its most essential elements, common ethical dilemmas and problems relevant to that section, and specific strategies for risk prevention and positive practice. Part II contains ethical guidance sections focused on areas that counselors often encounter in their work, including culture and diversity, confidentiality and exceptions to confidentiality, counseling suicidal clients, multiple relationships in counseling, competence, supervision, managed care, termination and abandonment, and how to respond to an ethics complaint or malpractice suit. New to this edition is a section titled "Integrating Technology into Counseling Practice." *Requests for digital versions from the ACA can be found on wiley.com. *To request print copies, please visit the ACA website here. *Reproduction requests for material from books published by ACA should be directed to permissions@counseling.org.

This practical guide provides a holistic, wellness-oriented approach to understanding suicide and working effectively with clients who are suicidal. John and Rita Sommers-Flanagans' culturally sensitive, seven-dimension model offers new ways to collaboratively integrate solution-focused and strengths-based strategies into clinical interactions and treatment planning with children, adolescents, and adults. Each chapter contains diverse case studies and key practitioner guidance points to deepen learning in addition to a wellness practice intervention to elevate mood. Personal and professional self-care and emotional preparation techniques are emphasized, as are ethical issues, counselor competencies, and clinically nuanced skill building. "This engaging book provides considerable insight into the dynamics around suicide, the emotional distress involved, and how counselors can best assist clients while also focusing on their own health and wellness. The Sommers-Flanagans' strengths-based approach will allow practitioners to connect with their clients and offer understanding and hope when they are most needed." —Kelly Duncan, PhD, LPC ACES Executive Director "I will read anything that the Drs. Sommers-Flanagan write. This book, however, is one where I took my time and savored each page. Why? Because suicide is emotionally charged, societally and individually taboo, scary, and near the top of the list of more common and feared client experiences. This book treats suicide assessment and treatment in an intelligent, thoughtful, and practical way for clients and clinicians. It humanizes suicidal ideation and, in doing so, helps the reader better understand how to truly care for those in distress." —Matt Englar-Carlson, PhD California State University, Fullerton About the Authors John Sommers-Flanagan, PhD, is a professor of counseling at the University of Montana and the author or coauthor of more than 100 professional publications. Rita Sommers-Flanagan, PhD, is a professor emerita of counseling at the University of Montana. She is a psychologist, poet, blogger, and the author or coauthor of almost as many publications as John. *Requests for digital versions from ACA can be found on www.wiley.com *To purchase print copies, please visit the ACA website here *Reproduction requests for material from books published by ACA should be directed to permissions@counseling.org

Grounded in decades of research and the clinical care of thousands of depressed and suicidal teens, this highly accessible book will enhance the skills of any therapist who works with this challenging population. The authors describe the nuts and bolts of assessing clients and crafting individualized treatment plans that combine cognitive and behavioral techniques, emotion regulation interventions, family involvement, and antidepressant medication. Illustrated with many clinical examples, each chapter includes a concise overview and key points. Reproducible treatment planning forms and client handouts can also be downloaded and printed by purchasers in a convenient full-page size.

Suicide is an event that cannot be ignored, minimized, or left untreated. However, all too often mental health professionals and health care practitioners are unprepared to treat suicidal clients. This text offers the latest guidance to frontline professionals who will likely encounter such clients throughout their careers, and to educators teaching future clinicians. The book discusses how to react when clients reveal suicidal thoughts; the components of comprehensive suicide assessments; evidence-based treatments such as crisis intervention, cognitive behavior therapy, dialectical behavior therapy, and more; and ethical and legal issues that may arise. Case studies, exercises, quizzes, and other features make this a must-have reference for graduate level courses. Key topics: Risk and identification of suicidal behaviors across the lifespan (children, adolescents, adults, and the elderly) The links between suicidality and mental illness (psychotic disorders, mood disorders, and substance abuse) Suicide risk among special populations (military personnel, LGBTQ individuals, the homeless, and more) A model for crisis intervention with suicidal individuals

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