

Brief Cognitive Behavioral Therapy for Suicide Prevention (BCBT)

8:30am - 4:30pm each day

This two-day workshop is geared towards mental health professionals seeking to acquire entry-level information and training on the assessment, management, and treatment of suicide risk among suicidal individuals. The first portion of the workshop provides intensive training in core competencies for the clinical care of suicidal patients, including general interpersonal dynamics, standardization of suicide-related terminology, and documentation strategies. The workshop then provides a detailed, step-by-step review of the 12-session brief cognitive behavioral therapy (BCBT) treatment protocol. The treatment is divided into three phases including Emotion Regulation and Crisis Management, Undermining the Suicidal Belief System, and Relapse Prevention. Practical strategies for effective treatment delivery are provided using case examples, role plays, videos, and skills practice, which illustrate concepts and interventions.

Objectives:

1. Describe an empirically-supported biopsychosocial model of suicide.
2. Effectively discuss with patients the risks of suicidal behavior both in and out of therapy as a routine part of informed consent.
3. Understand common issues of confidentiality when working with military patients.
4. Conduct a risk assessment interview in a manner that increases accurate & honest disclosure of suicidal ideation & behaviors.
5. Develop a written treatment and services plan that addresses suicide risk and is based on empirically-supported interventions.
6. Effectively provide means restriction counseling to suicidal patients.
7. Develop a written crisis response plan to reduce acute suicide risk.
8. Use cognitive strategies and interventions to undermine suicidal beliefs that contribute to suicidal behaviors.
9. Explain and administer a relapse prevention task for reducing suicidal behaviors.

Trainer:

Dr. David Rozek is a clinical psychologist and holds a primary appointment at the University of Utah in the Department of Psychiatry with a secondary appointment as the Director of Training at the National Center for Veterans Studies. He received his PhD from the University of Notre Dame and completed his residency at the Orlando Veterans Affairs Medical Center. Dr. Rozek's research and clinical expertise are in cognitive and behavioral therapies for suicide, depression, and PTSD. He regularly provides training to clinicians and medical professionals about managing suicidal patients and is an active researcher focusing on how to best improve clinical care.

13.0 Continuing Education Hours