



Relational Suicide Assessment: Risks, Resources, and Possibilities for Safety

Presented by

Douglas Flemons, Ph.D., LMFT

Monday, October 28, 2013

9:00 am to 1:00 pm

**Nova Southeastern University
Main Campus, DeSantis Building
Room 1124 (Knight Auditorium)**

Workshop Fees

Professional: \$40.00
NSU Student: Free
Non-NSU Student: \$10.00

4 CE Credit Hours
Available

NSU is approved by the Florida Department of Health as a provider of Continuing Education for Licensed Clinical Social Workers, Marriage and Family Therapists and Mental Health Counselors

Provider #: 50-11750
Expires: 3/31/2015

Psychologists:
Nova Southeastern University's Center for Psychological Studies is approved by the American Psychological Association to sponsor continuing education for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

Given the isolating nature of suicidal ideation and actions, it is not surprising that most suicide assessment instruments narrowly focus on the individual in crisis. And given the high stakes involved, it is common for the therapist conducting an evaluation to focus primarily on prevalent risks. However, to adequately assess the possibility of a client making an attempt on his or her life, we need to expand our focus. A balanced, comprehensive assessment requires you to undertake a variety of tasks: to engage with the client *empathically*; to thoroughly investigate the risks the client is facing *and* remain curious about his or her potential for resilience and change; to explore the complicating *and* ameliorative potential of significant others; to juxtapose information from a variety of sources in the process of making a clinical decision about hospitalization; and, if warranted, to work collaboratively with the client to co-construct a detailed safety plan.

Dr. Flemons will introduce participants to *relational suicide assessment*, a semi-structured interview method that he co-developed with Dr. Len Gralnik, a professor of psychiatry at FIU. Drawing on an extensive research literature on risk- and protective factors, as well as his and Dr. Gralnik's 50 years of combined clinical experience, Dr. Flemons will outline the essential topic areas to be addressed during a suicide assessment and will explain and demonstrate how to use his and Dr. Gralnik's *Risk and Resource Interview Guide* to organize the assessment. He will describe the process of making a safety decision and offer detailed guidelines for how to develop a safety plan with the client. The workshop will conclude with an explanation of how to document your assessment in a case note.

About Douglas Flemons

Douglas Flemons, Ph.D., is Professor of Family Therapy, Clinical Professor of Family Medicine, and Co-Director (with Dr. Scott Poland) of the Suicide and Violence Prevention Office at Nova Southeastern University. He is co-author, with Dr. Leonard Gralnik, of *Relational Suicide Assessment* (W. W. Norton, 2013), co-editor of a book on brief sex therapy, and author of a book on hypnosis and therapy. An AAMFT clinical fellow and approved supervisor, Dr. Flemons presents nationally and internationally on suicide assessment and suicide prevention, hypnosis and hypnotherapy, brief therapy, and couple and sex therapy.

Register by emailing:

**Francesca Angiuli
angiuli@nova.edu
954-262-3031**

Nova Southeastern University
Graduate School of Humanities &
Social Sciences
3301 College Avenue
Fort Lauderdale, FL
(954)262-3000
<http://shss.nova.edu>

Learning Objectives

Participants will learn how to—

- conduct a semi-structured suicide assessment.
- empathically explore intra- *and* interpersonal risks *and* resources.
- make a safety decision and construct a safety plan.
- effectively document the assessment.