

Cultural Competency

CGF Designation

## ADDRESSING SUICIDAL BEHAVIOR: STRATEGIES FOR ASSESSMENT, CRISIS INTERVENTION AND TREATMENT

**DATE & TIME:** March 14, 2019

**9:00 AM – 4:30 PM**

***All registration is completed on the Learning Net prior to the training. Sign-in begins 30 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted.***

**PLACE:** Superior Court Building  
600 S. Commonwealth Ave.  
2<sup>nd</sup> Floor Conference Room #113  
Los Angeles, CA 90005

**PARKING:** Free parking available at 523 Shatto Place (approx. 2 blocks walking)  
**OR**  
\$10 - \$15 parking directly across the street from the court on Commonwealth Ave.  
(Metered parking is also available; yet, extremely limited)

This training introduces participants to the Cognitive Behavioral Therapy for Suicidal Patients (CBT-SP) protocol – a ten session, structured treatment protocol based on CBT conceptualization focusing on both cognitive and behavioral strategies to help reduce and cope with suicide ideation and urges. The training will provide an overview of perceptions, stigma, and risk factors of suicide. The etiology and presentation of suicidality and best practices for safety planning will also be addressed. Additionally, current research on suicide and suicide prevention, as well as identification of the most current resources on suicide is included in the training.

**TARGET AUDIENCE:** DMH directly operated and DMH contract Adult Providers Only

**OBJECTIVES:** As a result of attending this training, participants should be able to:

1. Identify a number of psychological theories of suicide risk.
2. List common misperceptions about suicide and suicide attempts.
3. List several warning signs for suicide.
4. Identify ways to assess suicide risk that is sensitive to both proximal and distal risk factors.
5. Describe the Cognitive Therapy for Suicide Protocol (CBT-SP) for the treatment of suicidal behaviors.
6. Identify cultural differences related to suicide and suicide attempts.
7. List relapse prevention treatments.

**CONDUCTED BY:** Sharon Birman, Psy.D

**COORDINATED BY:** Maria Contreras, M.A., Training Coordinator  
[macontreras@dmh.lacounty.gov](mailto:macontreras@dmh.lacounty.gov)

**DEADLINE:** 03/07/19 or when maximum capacity is reached

**CONTINUING EDUCATION:** 6 CEU's for BBS, BRN, CCAPP-EI  
6 CE's for Psychologists

**COST** NONE

DMH Employees register at:  
<http://learningnet.lacounty.gov>

Contract Providers register here:  
<https://goo.gl/forms/NodyRHbsqEz2ybKT2>