



*International Association for Suicide Prevention*

**PRE CONGRESS WORKSHOP 3: 13 SEPTEMBER 2011**

Please sign up for the preconference workshop before 10 August.

**Presenter:** Dr Konrad Michel

**Workshop Title:** Clinical suicide prevention: how to establish a therapeutic alliance with the suicidal patient

**Time:** 14.00 - 18.00 pm

**Cost:** \$15

**Workshop Description:**

Attempted suicide is associated with a high risk for suicide in the following years. Yet it is notoriously difficult to demonstrate a reduction of suicide risk in follow-up treatment studies. Although there is agreement that a therapeutic contact should be established as soon as possible after admission to the emergency department this often proves to be difficult in clinical practice. Furthermore, mental health care resources are often limited and only allow short-term therapeutic interventions. A major obstacle, however, is the difficulty of establishing a meaningful therapeutic relationship with suicidal patients and motivating them to attend follow-up sessions. In this workshop, principles of therapeutic alliance and patient-oriented models of suicidal behavior will be presented, as well as practical interventions used in a specific three-session intervention program currently evaluated in a two-year follow up.

**Educational Objectives**

The workshop will start with practical aspects of the follow-up of suicide attempters. Participants will then be introduced to a therapeutic approach understanding suicide and attempted suicide not primarily as a symptom of mental disorder but as a behavior which is meaningful in the context of the patients' biography. Workshop participants will be introduced to therapeutic techniques such as narrative interviewing, psychoeducation, and safety planning. At the conclusion of the workshop, participants will be familiar with the practical skills necessary for a short intervention for patients who have attempted suicide.

The format of the workshop will be interactive, with examples of video-recorded interviews, practical exercises, and will include a handout.

Participant requirements: The workshop is open to health professionals (psychiatrists, psychologists, nurses, social workers, volunteers) involved in clinical suicide prevention. No special knowledge required.