



PRE CONGRESS WORKSHOP: 13 SEPTEMBER 2011

Please sign up for the preconference workshops before 10 August (please see attached form.)
These are to be held on the day of registration
prior to the opening of the IASP Congress.

There is a small fee to cover costs and to be paid on the day

Three pre conference workshops	Type	Numbers	Cost	Time
Dr Barry Walsh Understanding, Managing, and Treating Non suicidal Self-Injury.	Workshop	10 - 100	\$15	14.00 - 18.00 pm
Dr Erminia Colluci Imagination Inspiration Improvisation – a Visual Arts Enquiry into Suicide	Workshop	20	\$15	14.00 - 18.00 pm
Dr Konrad Michel Clinical Suicide Prevention: how to establish a therapeutic alliance with the suicidal patient.	Workshop	10 - 50	\$15	14.00 - 18.00 pm

PRE CONFERENCE WORKSHOP 1

Presenter: Dr. Barry Walsh

Workshop Title: Understanding, Managing, and Treating Non suicidal Self-Injury."

Workshop description: The workshop is clinical. Recommended attendees would be those who work with people who self-injure. Educational levels do not matter. Presentation is research informed but is not a research presentation.

One of the most challenging problems for clinicians and other professionals is dealing effectively with non-suicidal self-injury. This presentation will focus on understanding, managing and treating diverse forms of self-injury including arm and body cutting, self-inflicted burning, excoriation of wounds, and other more serious examples, such ingestion of objects and major self-injury. Self-injury will be distinguished from suicidal behavior in terms of a number of key characteristics. A "stepped care" approach in the management and treatment of self-injury will be reviewed, including:

- **The informal response** with emphasis on the strategic use of language and a "low key dispassionate demeanor" in responding to self-injury
- **Crisis intervention** with specific suggestions as to when self-injury may merit a hospital level of care

- **Replacement skills training** with an emphasis on skills such as mindful breathing, visualization, physical exercise, and journaling
- **Cognitive-behavioral treatment** targeting the automatic thoughts and core beliefs that support self-injury
- **Exposure treatment** for those who have been physically and/ or sexually abused and experience profound body alienation

Very practical suggestions in dealing with self-injury will be provided including a protocol for responding in group settings such as inpatient units and group homes. The topic of social contagion of self-injury will also be addressed with guidelines for preventing and managing this problem.

Barent Walsh, Ph.D. is the long-time Executive Director of The Bridge, a human service agency comprised of 40 programs in Central Massachusetts. The Bridge specializes in implementing evidence-based practice programs in public sector settings.

Dr. Walsh has written extensively and presented internationally on the topic of self-destructive behavior. He is the author of the book, *Treating Self-Injury: A Practical Guide* published by Guilford Press (2006) and co-author of the book, *Self-Mutilation: Theory, Research and Treatment* (Guilford Press, 1988). He is also the co-developer of *Act to Prevent Self-Injury*, a DVD/ prevention program for high schools in collaboration with Screening for Mental Health of Wellesley, MA. In 2011 Dr. Walsh received the "Lifetime Achievement Award" from the Massachusetts Chapter of the National Association of Social Workers.

PRE CONFERENCE WORKSHOP 2

Presenter: Dr Erminia Colucci and artist Mic Eales

Workshop Title: *Imagination Inspiration Improvisation - A Visual Arts Enquiry into Understanding Suicide*

Workshop description: Arts have the ability to contribute to knowledge and understanding through engagement with the imagination. During this workshop we will discuss, create and transform materials and ideas in order for them to take on new form and new meaning. This workshop is designed to stimulate and encourage participants, and an eventual audience, into re-examining their own attitudes, experiences, ideas and cultural perspectives relating to the issue of suicide. By recognizing the power of art to transform, insight can be gained into experiences that would otherwise remain hidden.

During the workshop, Mic and Dr Colucci and will share and discuss their experiences of how art practice can be utilized as an introspective inquiring tool to help make sense of and create meaning out of difficult and complex questions relating to suicide. They will also discuss their current cooperative/co-researcher project as an example of an interdisciplinary approach to understanding suicide from a variety of cultural and social perspectives.

Anyone interested is welcome to attend, particularly mental health professionals, researchers, academics, artists, carers, educators or for those interested in alternative approaches to understanding suicide. However, it must be stressed that this is not a therapeutic workshop. Workshop duration will be about 3 hours plus tea break.

Mic Eales has a background in the arts that goes back to 1979 when he began training himself as a potter/fibre artist. He graduated with Honours in 2008 having majored in sculpture and handmade papermaking and is currently carrying out a PhD project on arts and suicide.

Dr Erminia Colucci is Lecturer/Research Program Coordinator at the Centre for International Mental Health (University of Melbourne), Chair of the non-profit organization Multicultural Women in Arts (MWA) and Vice-Chair of AISV taskforce against Domestic Violence. She began studying cultural aspects of suicide in her undergraduate studies (Italy) and hasn't stopped since...

PRE CONFERENCE WORKSHOP 3

Presenter: Dr Konrad Michel

Workshop Title: Clinical suicide prevention: How to establish a therapeutic alliance with the suicidal patient.

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.