

TREATMENT MANUALS FOR PRACTITIONERS

TREATING SUICIDAL BEHAVIOR

An Effective, Time-Limited Approach

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TREATING SUICIDAL

Treating Suicidal Behavior Treating Suicidal Behavior

**Stephanie Felgoise, Arthur M.
Nezu, Christine M. Nezu, Mark A.
Reinecke**



Treating Suicidal Behavior Treating Suicidal Behavior:

Treating Suicidal Behavior M. David Rudd, Thomas E. Joiner, M. Hasan Rajab, 2004-07-26 This manual provides an empirically supported approach to treating suicidality that is specifically tailored to today's managed care environment. Structured yet flexible, the model is fully compatible with current best practice standards. The authors establish the empirical and theoretical foundations for time-limited treatment and describe the specific tasks involved in assessment and intervention. The book then details effective ways to conduct a rapid case conceptualization and outpatient risk assessment, determine and implement individualized treatment targets, and monitor treatment outcomes. Outlined are clear-cut intervention techniques that focus on symptom management, restructuring the patient's suicidal belief system, and building such key skills as interpersonal assertiveness, distress tolerance, and problem solving. Other topics covered include the role of the therapeutic relationship, applications to group work and longer-term therapy, the use of medications, patient selection, and termination of treatment. Illustrated with helpful clinical examples, the book features numerous tables, figures, and sample handouts, some of which may be reproduced for professional use.

Assessing and Treating Suicidal Thinking and Behaviors in Children and Adolescents Leslie W. Baker, Mary Ruth Cross, 2024-08-06 *Assessing and Treating Suicidal Thinking and Behaviors in Children and Adolescents* is a guide to working with children and young people who present with either obvious or hidden suicidal thoughts, preoccupations, or plans. Chapters explore a range of treatment approaches and focus on how to support parents, caregivers, families, and schools. Expressive therapies are highlighted, but the chapters also cover evidence-based models such as cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and play therapy. Expressive therapists, school-based counselors, and other clinicians who work with at-risk children and adolescents from diverse communities and backgrounds will come away from this book with the tools they need to integrate the individual child's capabilities, sources of distress, and internal and external resources in order to build a developmentally sensitive treatment plan.

Treating Depressed and Suicidal Adolescents David A. Brent, Kimberly D. Poling, Tina R. Goldstein, 2011-06-16 Grounded in decades of research and the clinical care of thousands of depressed and suicidal teens, this highly accessible book will enhance the skills of any therapist who works with this challenging population. The authors describe the nuts and bolts of assessing clients and crafting individualized treatment plans that combine cognitive and behavioral techniques, emotion regulation interventions, family involvement, and antidepressant medication. Illustrated with many clinical examples, each chapter includes a concise overview and key points. Reproducible treatment planning forms and client handouts can also be downloaded and printed by purchasers in a convenient full-page size.

Assessment, Treatment, and Prevention of Suicidal Behavior Robert I. Yufit, David Lester, 2004-11-03 Current and comprehensive information concerning the assessment and treatment of suicidal persons and the prevention of suicidal behavior. The eighth leading cause of death in the United States and the second leading cause among U.S. teens, suicide is unique in being self-

inflicted and is as such often preventable. By assessing the risk of suicide accurately, providing effective treatment according to this risk, and implementing strategies against suicidal urges, mental health professionals can successfully guide their clients away from this senseless taking of life. *Assessment, Treatment, and Prevention of Suicidal Behavior* provides the most current and comprehensive source of information, guidelines, and case studies for working with clients at risk of suicide. It offers clinicians, counselors, and other mental health professionals a practical toolbox on three main areas of interest: Screening and Assessment covers empirically based assessment techniques and how they can define dimensions of vulnerability and measure the risk of self-destructive behavior; Authors discuss research on the use of each screening instrument, guidelines, and suggestions for using the instrument in practice, and a case study illustrating its application; Intervention and Treatment compares several different approaches for structuring psychotherapy with suicidal clients. Each author covers a psychotherapy system, its application to suicidal clients, and a case study of its real-world use. *Suicide and Violence* explores the relationship between suicidal individuals and violence, covering suicide in specific contexts such as school violence, police confrontations, and terrorist violence. This section also includes a discussion of the increased risk of suicide in our more insecure and violent world, as well as how to promote coping styles for these new anxieties. While addressed mainly to psychologists, social workers, and other mental health professionals for use in serving their clients, as well as students of psychology, *Assessment, Treatment, and Prevention of Suicidal Behavior* is also an accessible and valuable resource for educators, school counselors, and others in related fields.

Clinical Manual for Assessment and Treatment of Suicidal Patients John A. Chiles, Kirk D. Strosahl, Laura Weiss Roberts, 2018-08-23

Since the first edition of *Clinical Manual for Assessment and Treatment of Suicidal Patients* was published in 2005, advances have been made that increase our understanding of suicidal and self-destructive behavior. Although clinicians cannot unerringly predict which patients will die by suicide, they can focus more successfully on early identification of suicidal behavior and effective intervention, and this new edition of the clinical manual thoroughly explores not only assessment of suicidality but what comes after an at-risk patient has been identified. The authors argue that treating specific psychiatric disorders is not enough to prevent suicide, and they offer clinicians the necessary information and strategies to bridge that gap. The authors' main premise is that suicide is a dangerous and short-term problem-solving behavior designed to regulate or eliminate intense emotional pain, a quick fix where a long-term effective solution is needed, and this understanding is the underpinning of the assessment and treatment strategies the authors recommend. The content of this new edition has been thoroughly reviewed and revised, and substantive changes have been made to specific chapters to ensure that the book represents the most current thinking and research while retaining the strengths of the previous edition. The chapter on assessment has been revised to put the fundamental components of effective treatment in a clinical case-oriented context and includes an easy-to-use assessment protocol that allows clinicians to determine where individual patients stand on seven dimensions: cognitive rigidity, problem-solving deficits,

heightened mental pain emotionally avoidant coping style interpersonal deficits self control deficits and environmental stress and social support deficits The many issues involved in the use of psychotropic medications in suicidal patients are addressed in a new chapter which includes information on the relevant classes of drugs such as antidepressants and anti-anxiety agents and the issues that may arise with their use including side effects degree of lethality and tendency to aggravate suicidality on introduction and withdrawal of the medication The chapter on special populations has been expanded to include adolescents elders and patients with co-occurring substance abuse or psychosis Because of additional vulnerabilities treating these groups may call for the use of added or special techniques to ensure the best therapeutic outcomes Primary care physicians are the first point of contact for many patients and they may require additional preparation in order to assess and respond to those experiencing suicidal thoughts The chapter Suicidal Patients in Primary Care explores strategies for screening recognizing and assessing risk treating the initial crisis and developing a crisis management plan Tips for Success appear at intervals and The Essentials are included at the end of each chapter highlighting the most important concepts In addition there are scores of helpful charts and exercises Practical accessible and reader friendly the Clinical Manual for Assessment and Treatment of Suicidal Patients is not an academic book but rather is one designed to become an indispensable part of clinicians working libraries

Suicide Assessment and Treatment Dana Worchel, Robin E. Gearing, 2010-04-29 Suicide is an event that cannot be ignored minimized or left untreated However all too often mental health professionals and health care practitioners are unprepared to treat suicidal clients This text offers the latest guidance to frontline professionals who will likely encounter such clients throughout their careers and to educators teaching future clinicians The book discusses how to react when clients reveal suicidal thoughts the components of comprehensive suicide assessments evidence based treatments such as crisis intervention cognitive behavior therapy dialectical behavior therapy and more and ethical and legal issues that may arise Case studies exercises quizzes and other features make this a must have reference for graduate level courses Key topics Risk and identification of suicidal behaviors across the lifespan children adolescents adults and the elderly The links between suicidality and mental illness psychotic disorders mood disorders and substance abuse Suicide risk among special populations military personnel LGBTQ individuals the homeless and more A model for crisis intervention with suicidal individuals

Primary Care Pediatrics Carol Green-Hernandez, Joanne K. Singleton, Daniel Z. Aronson, 2001 This pediatric primary care text takes a family centered approach examining issues from the perspective of the child and the caregiver Unlike most primary care texts it blends traditional health care with complementary therapies Throughout it identifies needs based on culture and ethnicity and lists community resources including websites where families can obtain more information or help Features include Case Studies Clinical Pearls and Clinical Warnings Compatibility BlackBerry R OS 4.1 or Higher iPhone iPod Touch 2.0 or Higher Palm OS 3.5 or higher Palm Pre Classic Symbian S60 3rd edition Nokia Windows Mobile TM Pocket PC all versions Windows Mobile Smartphone Windows 98SE 2000 ME XP Vista Tablet PC

Encyclopedia of

Cognitive Behavior Therapy Stephanie Felgoise, Arthur M. Nezu, Christine M. Nezu, Mark A. Reinecke, 2006-06-18 One of the hallmarks of cognitive behavior therapy is its diversity today Since its inception over twenty five years ago this once revolutionary approach to psychotherapy has grown to encompass treatments across the full range of psychological disorders The Encyclopedia of Cognitive Behavior Therapy brings together all of the key aspects of this field distilling decades of clinical wisdom into one authoritative volume With a preface by Aaron T Beck founder of the cognitive approach the Encyclopedia features entries by noted experts including Arthur Freeman Windy Dryden Marsha Linehan Edna Foa and Thomas Ollendick to name but a few and reviews the latest empirical data on first line therapies and combination approaches to give readers both insights into clients problems and the most effective treatments available Common disorders and conditions anxiety depression OCD phobias sleep disturbance eating disorders grief anger Essential components of treatment the therapeutic relationship case formulation homework relapse prevention Treatment methods dialectical behavior therapy REBT paradoxical interventions social skills training stress inoculation play therapy CBT medicine combinations Applications of CBT with specific populations children adolescents couples dually diagnosed clients the elderly veterans refugees Emerging problems Internet addiction chronic pain narcolepsy pathological gambling jet lag All entries feature reference lists and are cross indexed The Encyclopedia of Cognitive Behavior Therapy capably fills practitioners and educators needs for an idea book teaching text or quick access to practical workable interventions

Treating and Preventing Adolescent Mental Health Disorders Dwight L. Evans, Daniel Romer, 2017 This volume reviews the latest information about the treatment and prevention of major mental disorders that emerge during adolescence It should be a primary resource for both clinicians and researchers with special attention to gaps in our knowledge

The Oxford Handbook of Suicide and Self-Injury Matthew K. Nock, 2014-05-08 Suicide is a perplexing human behavior that remains among the leading causes of death worldwide responsible for more deaths each year than all wars genocide and homicide combined Although suicide and other forms of self injury have baffled scholars and clinicians for thousands of years the past few decades have brought significant leaps in our understanding of these behaviors This volume provides a comprehensive summary of the most important and exciting advances in our understanding of suicide and self injury and our ability to predict and prevent it Comprised of a formidable who s who in the field the handbook covers the full spectrum of topics in suicide and self injury across the lifespan including the classification of different self injurious behaviors epidemiology assessment techniques and intervention Chapters probe relevant issues in our society surrounding suicide including assisted suicide and euthanasia suicide terrorism overlap between suicidal behavior and interpersonal violence ethical considerations for suicide researchers and current knowledge on survivors of suicide The most comprehensive handbook on suicide and self injury to date this volume is a must read text for graduate students fellows academic and research psychologists and other researchers working in the brain and behavioral sciences

Suicide Assessment and Treatment, Second Edition Dana Alonzo, Robin E. Gearing, 2017-12-15 The

most comprehensive and current evidence based coverage of suicide treatment and assessment for mental health students and practitioners this book prepares readers how to react when clients reveal suicidal thoughts and behaviors The components of suicide assessments empirically supported treatments and ethical and legal issues that may arise are reviewed Vignettes role play exercises quizzes and case studies engage readers to enhance learning Highlights include Provides everything one needs to know about evidence based suicide treatments including crisis intervention cognitive behavioral dialectical behavior and interpersonal therapies and motivational interviewing Examines the risk of suicide ideation and behaviors across the lifespan children adolescents adults and the elderly and across vulnerable populations homeless prisoners and more Considers suicide within the context of religion and spirituality age race and ethnicity including prevalence trends and risk factors Explores ethical considerations such as informed consent confidentiality liability and euthanasia Reviews suicidal behaviors across demographics and diagnostic groups including depressive bipolar personality substance related and schizophrenia spectrum disorders Individual and Small Group Exercises allow readers to consider their personal reactions to the material and how this might impact their clinical practice and compare their reactions with others Case Examples that depict realistic scenarios that readers may encounter in practice Role Plays that provide a chance to practice difficult scenarios that may arise when working with suicidal clients Reviews key material in each chapter via Goals and Objectives Knowledge Acquisition Tests and Key Points to help students prepare for exams Provides answers to the Knowledge Acquisition Tests in the instructor s resources New to this edition Expanded coverage of suicide and mental illness including updating to the DSM 5 and the addition of new

Assessing and Treating Youth Exposed to Traumatic Stress Victor G. Carrión, M.D., 2018-10-16 Assessing and Treating Youth Exposed to Traumatic Stress is a cogent caring and comprehensive response to the reality that many children live lives of constant threat fear and confusion while lacking opportunities for positive social interactions stimulation and empowerment Although the book is written for mental health clinicians teachers and others who support traumatized youth will find this book an essential addition to their professional libraries Identifying these children is the first step and the importance of careful assessment through use of the clinical interview in both individual and group settings is emphasized In addition the population with posttraumatic stress disorder PTSD is highly diverse in terms of presentation and target symptoms and the book explores differences in type duration and accumulation of trauma age of insult stress vulnerability family history and other individual factors Nearly a dozen of treatment options are presented in the book and they are distinguished by setting such as clinic home or school and modality such as psychotherapy or pharmacology Attention is also paid to preventive measures most of which are school or group based to increase resiliency where possible

The Handbook of Dialectical Behavior Therapy Jamie Bedics, 2020-05-15 Dialectical behavior therapy DBT has become a useful treatment for a range of clinical problems and is no longer limited to the treatment of suicidal behaviors or borderline personality disorder The Handbook of Dialectical Behavior Therapy Theory

Research and Evaluation reviews the evidence based literature on use of DBT in a wide range of populations and settings The book begins with the foundations of DBT its history development core principles mechanisms of change and the importance of the therapeutic relationship It also reviews the efficacy of DBT for treatment of suicidal behavior eating disorders and substance abuse disorders as well as its use for children adolescents and families A section on clinical settings reviews implementation in schools college counseling centers and hospitals Provides an overview of DBT including its development core principles and training Discusses the importance of the therapeutic relationship and alliance in DBT Outlines DBT treatment for suicidal behavior eating disorders and substance use disorders Includes DBT as treatment for adolescents and children Covers DBT implementation in schools counseling centers and hospitals Suicide Bruce Michael Bongar,1992 Each year almost 30 000 individuals take their own lives making suicide the eighth leading cause of death in the United States The data on completed suicide become all the more disturbing when one considers that completed suicides represent only a small percentage of the number of attempts that suicide may be statistically underreported and that the rates of suicide in many industrialized countries are increasing Suicide has likewise been found to be the most frequently encountered emergency situation for mental health professionals with clinicians consistently ranking work with suicidal patients as the most stressful of all clinical endeavors Combining the clinical experience and practical recommendations of some of the world s foremost authorities on suicidal and life threatening behaviors Suicide Guidelines for Assessment Management and Treatment is designed to fill current gaps in the training efforts of the mental health and health care professions in teaching clinicians how best to work with suicidal patients The chapters are constructed as modules that cover a specific topic in a basic curriculum on suicidology and include workable practice guidelines that are both essential and up to date Topics include theories of suicide epidemiology of suicide biological research understanding child and youth suicide and suicide among the elderly procedures for detection of high risk factors emergency room care hospitalization and its alternatives psychopharmacological treatments psychological assessment cognitive and psychodynamic approaches to working with suicidal patients training and supervision of mental health professionals in the study of suicide postvention malpractice and risk management and forensic issues in suicidology By bringing together in one landmark volume the cumulative clinical wisdom of many of the pre eminent experts in suicidology this book for the first time provides the practitioner and practitioner in training with a set of clear and useful guidelines for working with the suicidal patient in clinical practice As such it will have broad appeal to psychologists psychiatrists social workers marriage and family therapists and other mental health professionals as well as to primary care physicians nurses and other health care professionals

Stress of War, Conflict and Disaster George Fink,2010-11-25 Stress is a universal phenomenon that impacts adversely on most people Following on the heels of Stress Science Neuroendocrinology and Stress Consequences Mental Neuropsychological and Socioeconomic this third derivative volume will provide a readily accessible and affordable

compendium that explains the phenomenon of stress as it relates physically and mentally to war conflict and disaster The first section will be dedicated to study of the link between stress and various forms of conflict Specific instances of conflict will be discussed the Gulf wars Korea Hiroshima bombing the Holocaust 9 11 Northern Ireland terrorism in general torture The second section will explore the stress impact of more general physical disasters such as airline and vehicle accidents earthquakes floods and hurricanes The final section will focus on the clinical relationship between conflict stress and various mental diseases PTSD suicide disaster syndrome etc as well as the adverse impact of stress on human physical health in general Comprised of about 100 top articles selected from Elsevier s Encyclopedias of Stress the volume will provide a valuable desk reference that will put relevant articles readily at the fingertips of all scientists who consider stress Chapters offer impressive and unique scope with topics addressing the relationship between stress generated by war conflict and disaster and various physical mental disorders Richly illustrated with over 200 figures dozens in color Articles carefully selected by one of the world s most preeminent stress researchers and contributors represent the most outstanding scholarship in the field with each chapter providing fully vetted and reliable expert knowledge **Schizophrenia Bulletin**,2004 **Treating Suicidal Behavior** M.David Rudd,2006-01-01 This Manual Provides An Empirically Supported Treatment Approach For Suicidality That Is Specifically Tailored To Today S Managed Care Environment The Authors Present An Innovative Frame Work To Help The Clinician Rapidly Determine And Accomplish Essential Treatment Goals Taking Into Account The Severity Chronicity And Diagnostic Complexity Of The Patient S Symptoms Carefully Structured Yet Flexible Enough For The Realities Of Day To Day Practice The Treatment Model Offers Guidance On Treating All Aspects Of Suicidal Behavior It Is Fully Compatible With Current Standards Of Care And Uniquely Designed For Maximum Effectiveness In The Time Limited Setting This Special Low Priced Edition Is For Sale In India Bangladesh Bhutan Maldives Nepal Myanmar Pakistan And Sri Lanka Only **Suicide Assessment and Treatment Planning** John Sommers-Flanagan,Rita Sommers-Flanagan,2021-01-12 This practical guide provides a holistic wellness oriented approach to understanding suicide and working effectively with clients who are suicidal John and Rita Sommers Flanagan s culturally sensitive seven dimension model offers new ways to collaboratively integrate solution focused and strengths based strategies into clinical interactions and treatment planning with children adolescents and adults Each chapter contains diverse case studies and key practitioner guidance points to deepen learning in addition to a wellness practice intervention to elevate mood Personal and professional self care and emotional preparation techniques are emphasized as are ethical issues counselor competencies and clinically nuanced skill building Requests for digital versions from ACA can be found on www.wiley.com To purchase print copies please visit the ACA <https://imis.counseling.org/store> Reproduction requests for material from books published by ACA should be directed to publications@counseling.org **Brief Cognitive-Behavioral Therapy for Suicide Prevention** Craig J. Bryan,M. David Rudd,2018-08-17 An innovative treatment approach with a strong empirical evidence base brief cognitive behavioral

therapy for suicide prevention BCBT is presented in step by step detail in this authoritative manual Leading treatment developers show how to establish a strong collaborative relationship with a suicidal patient assess risk and immediately work to establish safety Proven interventions are described for building emotion regulation and crisis management skills and dismantling the patient s suicidal belief system The book includes case examples sample dialogues and 17 reproducible handouts forms scripts and other clinical tools The large size format facilitates photocopying purchasers also get access to a webpage where they can download and print the reproducible materials

Encyclopedia of Clinical Child and Pediatric Psychology Thomas H. Ollendick, Carolyn S. Schroeder, 2012-12-06 The Encyclopedia of Clinical Child and Pediatric children adolescents and their families with a focus on Psychology is intended to be an authoritative and comprehensive understanding preventing diagnosing and treating psychological cognitive emotional developmental comprehensive resource that provides up to date information on a broad array of problems and issues related to behavioral and family problems of children Of particular children adolescents and their families as defined by clinical importance to clinical child psychologists is in the fields of clinical child and pediatric psychology It is understanding of the basic psychological needs of children and the social contexts that influence child designed to be of particular interest and use to laypersons parents and grandparents and undergraduate and development and adjustment Thus typical and atypical graduate students in training as well as diverse medical development and the impact of life stresses are of interest and mental health professionals who live with and or concern for the clinical child psychologist work with young persons but who have limited information on The specialty of pediatric psychology like clinical information on a particular topics Inasmuch as the scope of child psychology is interested in the psychological needs clinical child and pediatric psychology is extensive as to children but the focus is on the psychosocial aspects range of topics is included that cover typical and atypical of illness

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Treating Suicidal Behavior Treating Suicidal Behavior Introduction

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