

Safety Planning:

How to Ditch No-Suicide Contracts and Keep Your Patients Safer

Description

Clinicians have often used verbal or written no-suicide contracts to manage suicidal patients. But do no-suicide contracts work? While such contracts appear simple, participants will learn their serious clinical and legal drawbacks. This course will also introduce participants to safety planning, an intervention recognized as a best practice by several national organizations. This alternative to no-suicide contracts is just as easy to use and more likely to do what every clinician aims for: Helping patients safely weather suicidal crises.

Objectives

- ▶ Summarize 4 pitfalls of no-suicide contacts
- ▶ Recognize when to use safety plans
- ▶ Understand the parts of a safety plan
- ▶ Co-create a safety plan with patients using a worksheet
- ▶ Know smartphone apps that support safety plans

Details

When: October 13, 2015
Where: 7700 Folsom Blvd.
Sacramento, CA 95826
Time: 7pm – 9pm
CEs: 2
Cost: \$25.00 nonmember, \$20.00 member,
\$15.00 student

Sign-up at: <http://sacramentovalleypsychologist.com/Events>



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