
Course: Cognitive Behavioral Therapy for Reducing Suicide Risk

Mental health professionals and healthcare providers make up a large part of the front line of defense against suicide. This course was created to equip you as a clinician to not only bring up the topic of suicide with your clients but also help them prepare for and manage suicidal crises through the use of cognitive behavioral therapy. Cognitive Behavioral Therapy for Reducing Suicide Risk starts by showing how to promote client engagement while screening for and assessing suicide risk. Then it moves forward to provide cognitive, behavioral and emotional focused strategies to treating suicide risk. The course finishes with discussions on ways that you as a clinician can handle your own self-care and protect yourself against burnout and secondary trauma. Throughout its three modules, Cognitive Behavioral Therapy for Reducing Suicide Risk uses a selection of learning tools such as live filmed role plays, instructive animations and interactive assessments that will enable you to address the difficult topic of suicide with empathy. With the support of subject matter experts, printable resources and supplemental videos, Cognitive Behavioral Therapy for Reducing Suicide Risk will prove an invaluable asset to your practice. *NOTE: Cognitive Behavioral Therapy Foundations—A Skills-Based Approach is a prerequisite for this course. You will not receive credit for this course unless you have first completed Cognitive Behavioral Therapy Foundations.*

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COURSE OVERVIEW

COST: **FREE FOR AETNA LEARNERS**

ESTIMATED COURSE LENGTH: 3 hrs. 30 mins.

CE CREDITS: **3.50** continuing education hours for social workers, psychologists, marriage and family therapists, physicians, and nurses / **2.75** continuing education hours for counselors

TARGET AUDIENCE:* Mental Health Providers (licensed professional counselors, licensed clinical social workers, licensed psychologists, licensed marriage and family therapists, psychiatrists, behavioral health nurses); Physicians; Nurses

LEVEL OF INSTRUCTION: Advanced

PREREQUISITE(S): **Cognitive Behavioral Therapy Foundations: A Skills-Based Approach**

INSTRUCTIONAL METHOD: Self-paced; interactive; hybrid of audio, text, video, and learning checks

ACCESSIBILITY ACCOMMODATIONS: Closed captioning of all audio and video components. *In order to request further accessibility accommodations, please email support@psychhub.com.*

REGISTRATION: To enroll in this or any other Psych Hub course, go to lms.psychhub.com, click “Log In” to create a new account or access your existing account, return to lms.psychhub.com to access a list of courses, click the title of the course in which you are interested, and follow the instructions on the page.

**Disclaimer: This course is intended for providers who are licensed or pursuing licensure, as listed above in the target audiences. The education provided in this course is one step toward competency in using the clinical intervention(s) described, but it should be combined with additional supervision, consultation, and/or training. Completion of this course does not give you permission to consider the specific populations, treatment approaches, or clinical concerns as within the scope of your practice capabilities. It is recommended that you consult the appropriate jurisdictions, licensing bodies, and professional code of ethics relevant to your specific licensure type to determine further action needed prior to implementing any of these clinical interventions or treating any of the clinical concerns or presenting issues depicted in the course.*

COURSE COMPONENTS

- **Course modules:** 3 modules consisting of a mixed media approach with roleplays, video interviews with subject matter experts, animation explainer videos, knowledge games, and more
- **Supplementary PDFs:** 16 downloadable PDFs expanding on relevant course topics
- **Refresher videos:** 2 provider videos to highlight key concepts

LEARNING OBJECTIVES

After completing this course, you will be able to describe and employ the following:

1. Explain the following elements of the first phase of treatment for reducing suicide risk: obtaining client engagement, screening and assessing risk, uncovering the suicide story, developing a Hope Kit, treatment planning, and identifying treatment goals.

2. Demonstrate competency in utilizing the following middle-phase interventions, with competencies in behavioral, cognitive, and emotion-focused interventions.
3. Summarize a plan for terminating treatment, including the five steps of the relapse prevention task, skill reinforcement, treatment reflection, and booster sessions.

MODULE OVERVIEWS

Module 1: First Phase of Treatment

Client engagement, screening and assessing for risk, suicide story, safety planning, psychoeducation, case conceptualization, general knowledge related to treating clients at risk of suicide, and evidence for cognitive behavioral therapy for reducing suicide risk.

Module 2: Middle Phase of Treatment

Behavioral interventions, cognitive interventions, emotion-focused interventions, and challenges of working with clients at risk of suicide.

Module 3: Final Phase of Treatment

Relapse prevention, final tasks, continuation phase, and preventing and addressing secondary trauma related to working with clients at risk of suicide.

COURSE AUTHORS

To submit questions or comments for course authors, email ce@psychhub.com.

Barbara Stanley, PhD

Clinical Psychologist

Dr. Stanley is a clinical psychologist who specializes in the treatment of individuals with borderline personality disorder, depression and self-harm. With her colleague, Dr. Gregory Brown, she developed the Safety Planning Intervention that is used in Emergency Departments, inpatient and outpatient facilities, throughout the VA and on crisis hotlines.

She currently holds numerous leadership positions as Professor of Medical Psychology in the Department of Psychiatry at Columbia University Vagelos College of Physicians & Surgeons, the Director of the Suicide Prevention Training, Implementation and Evaluation for the Center for Practice Innovation and Research Scientist in Molecular Imaging and Neuropathology at the New York State Psychiatric Institute and the Leader of the Conte Center for Suicide Prevention Project 5, "Stress, Inflammation, Aggression and Emotion Regulation in Suicidal Behavior".

Dr. Stanley is also the author of more than 200 articles and book chapters and serves as editor-in-chief of the Archives of Suicide Research and on numerous editorial boards.

Gregory K. Brown, PhD

Clinical Psychologist & Cognitive Behavioral Therapy Master Clinician

Dr. Brown is an internationally renowned expert in suicide prevention whose work has led to transformational advances in the treatment of suicidal individuals. His research aims to develop and evaluate the effectiveness of innovative, targeted interventions designed to reduce vulnerability factors associated with suicidal behavior in high-risk populations and to examine and improve the implementation of evidence-based treatments into “real world” settings to prevent suicide.

With colleagues, Dr. Brown developed two clinical interventions for individuals at risk for suicide: the Safety Planning Intervention and Cognitive Therapy for Suicide Prevention. The Safety Planning Intervention is an evidence-based, brief suicide prevention strategy that has been used in research and widely disseminated in health care settings, including the VA. Cognitive Therapy for Suicide Prevention, one of the few existing evidence-based psychotherapy interventions, has been shown to prevent suicide attempts among individuals at high risk for suicide. He also provides clinical training for clinicians in suicide assessment and risk management, cognitive behavior therapy for depression, and suicide prevention.

Whitley Lassen, PsyD

Clinical Director, Psych Hub

Whitley is the Clinical Director at Psych Hub where she is responsible for ensuring all of our content is evidence-based and trauma-informed, so you can trust that anything you hear from Psych Hub is supported by current research. As a Clinical Psychologist, she is licensed in Colorado and California. She has over 15 years of experience working with people to reduce mental health symptoms, achieve their goals, and live a meaningful life. Using evidence-based techniques including Cognitive Behavioral Therapy, Whitley helps her clients learn coping skills and strategies to understand the interaction between thoughts, feelings, and behaviors. She specializes in helping people with panic attacks, specific phobias, social anxiety, and excessive worrying. Whitley offers teletherapy to adults in her private practice, for more information visit drlassen.com.

Whitley received her Bachelor of Arts in Psychology from the University of Virginia where she also completed a Master of Teaching in Elementary Education. Graduating in 2011 from an APA accredited program, she received her PsyD, a Doctorate of Psychology, in Clinical Psychology from the California Institute of Integral Studies. Most recently, Whitley earned an MBA in Business Administration, with a concentration in Healthcare Administration, from the Lindner College of Business at the University of Cincinnati.

Before joining Psych Hub, Whitley worked as a leader in mental health treatment in healthcare. She served as the Lead Pain Management Psychologist for Dimensions Pain Management at Centura Health in the Denver Metro Area where she focused on developing a behavioral health program offering evidence-based mental health and substance use treatment to individuals dealing with chronic pain. Prior to that Whitley worked at Kaiser Permanente in California as a Behavioral Health Manager in the Psychiatry Department, overseeing the Intensive Outpatient Program and Crisis/Triage Teams. Whitley helped to ensure that people experiencing a mental health crisis received the appropriate level of treatment in order to stay safe, stabilize, and maximize recovery, using evidence-based interventions and a brief treatment model including medication management, group therapy, individual therapy, and case management.

When not working, Whitley enjoys meditation, running, hiking, spending time with her pets, international travel, and being in nature. Whitley lives in Colorado with her family.

ACKNOWLEDGEMENTS

Psych Hub would like to sincerely thank the Editors, Contributors, Nurse Planner, Physician Director, Voiceover Artist, and Producers of this course:

Editors

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Nurse Planner

Janice Lynn Russell, RN, BSN

CONTINUING EDUCATION INFORMATION

This continuing education activity is provided through a collaboration between Psych Hub and AffinityCE. Through this collaboration, this activity will provide continuing education for physicians and nurses; through Psych Hub's independent accreditation, this activity will provide continuing education for psychologists, marriage and family therapists, social workers, and counselors.

For inquiries regarding CE policies related to CMEs or CNEs, please contact ce@affinityced.com.

For inquiries regarding CE policies related to CEs for psychologists, marriage and family therapists, social workers, and counselors, or for more information on Psych Hub's continuing education programs, email ce@psychhub.com.

Course Creation Date

5/25/2021

Disclosures

Dr. Stanley has no relevant disclosures to make.

Dr. Brown receives royalties from Research Foundation for Mental Hygiene for the commercial use of the Columbia Suicide Severity Rating Scale.

Psych Hub receives financial support from organizations in the healthcare industry, but these entities do not control or direct course content. Psych Hub and AffinityCE staff as well as planning and review committees have no relevant financial interests to disclose. Psych Hub's Conflict of Interest Policy can be found in the footer of lms.psychhub.com.

Conflict of Interest Resolution

Conflicts of interest have been resolved through peer review of content by a non-conflicted reviewer.

Commercial Support

No commercial support was provided for this activity.

Continuing Education Accreditations

Accreditation Council for Continuing Medical Education (ACCME)



This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of AffinityCE and Psych Hub. AffinityCE is accredited by the ACCME to provide continuing medical education for physicians.

AffinityCE designates this live activity for a maximum of **3.50** hour of AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

American Nurses Credentialing Center (ANCC)



Nurse CE is provided for this program through collaboration between Psych Hub and AffinityCE. AffinityCE is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). This activity provides **3.50** contact hour of nurse CE credit.

American Psychological Association (APA)



Psych Hub is approved by the American Psychological Association to sponsor continuing education for psychologists. Psych Hub maintains responsibility for this program and its content.

Psychologists completing this course receive **3.50** continuing education credits.

Association of Social Work Boards (ASWB)



Psych Hub, #1750, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Psych Hub maintains responsibility for this course. ACE provider approval period: 08/20/2020 – 08/20/2021. Social workers completing this course receive **3.50** clinical continuing education credits.

California Association of Marriage and Family Therapists (CAMFT)



Course meets the qualifications for **3.50** hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Psych Hub is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs. Psych Hub maintains responsibility for this program/course and its content. CAMFT Approval #1000074.

National Board of Certified Counselors (NBCC)



Psych Hub has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7051. Programs that do not qualify for NBCC credit are clearly identified. Psych Hub is solely responsible for all aspects of the programs.

Counselors completing this course receive **2.75** continuing education hours.

CE Credit Calculation

ACCME, ANCC, APA, CAMFT, & ASWB Credit Calculation

Continuing education credits for physicians, nurses, psychologists, social workers, and marriage and family therapists are calculated by averaging pilot test times, rounded down to the nearest quarter hour. This allows for inclusion of interactive elements (e.g., assessments) and learner variance. However, regardless of pilot test times, the number of continuing education credits will never exceed 2 hours more than the combined video and voiceover length.

Average Pilot Test Length: 3 hours 34 minutes

NBCC Credit Calculation

Continuing education hours for counselors are calculated by summing the length of all course videos and voiceover, rounded up to the nearest quarter hour. This does NOT include time taken to complete interactive elements of the course.

Combined Video and Voiceover Length: 2 hours 38 minutes

Timed Course Outline

Since the course is interactive and each learner will proceed at their own pace, timing is not exact. These are approximations based on average pre/post-test time of pilot testers as well as the run-time of course videos and voiceover. This course does not have to be completed in one session.

Course Activities for CE Credit (≥ 3 hour 21 minutes)

- Pre-Course Assessment (~10 minutes) [EXCLUDED FROM ACTIVITIES FOR NBCC CREDIT]
- Module 1: First Phase of Treatment (54+ minutes)
- Post-Module 1 Assessment (~14 minutes) [EXCLUDED FROM ACTIVITIES FOR NBCC CREDIT]
- Module 2: Middle Phase of Treatment (50+ minutes)
- Post-Module 2 Assessment (~14 minutes) [EXCLUDED FROM ACTIVITIES FOR NBCC CREDIT]
- Module 3: Final Phase of Treatment (55+ minutes)
- Post-Module 3 Assessment (~4 minutes) [EXCLUDED FROM ACTIVITIES FOR NBCC CREDIT]

Course Activities NOT for CE Credit

- Participant Evaluation (5-10 minutes)
- (OPTIONAL) Supplementary Video Review
- (OPTIONAL) Written assignment to earn Psych Hub Certification

Course Completion Requirements

To complete the course, learners must do the following:

- Take the pre-course assessment (no score requirements)
- Review all modules
- Take the post-course assessment (passing score: 85% or higher*)
- Complete the course evaluation

***Learners may attempt the post-course assessment up to three times to earn a passing score. If a learner does not earn a score of at least 85% on their third attempt, they will not receive credit for the course.**

Obtaining Certificates of Completion

After completing the pre-course assessment, reviewing all modules, completing the post-course assessment with a score of at least 85%, and completing the participant evaluation, learners will automatically receive a certificate of completion.

PSYCH HUB CERTIFICATION

Once you have successfully completed the course, you will be presented the option to pursue Psych Hub Certification. **Please note two things: (1) Psych Hub Certification is not affiliated with continuing education credit in any way, and (2) Psych Hub Certification is not available for every course.**

The Certification Project is a special, post-course project where you will get full Psych Hub certification for drafting, submitting, and finalizing a case study where the information in this course is applied. For more information, see the points below.

For learners who opt not to accomplish the certification project

All learners will receive a general certificate of completion upon completing all course elements. You can remain active in the discussions by regularly visiting the course Psych Hub Forums.

Browse our other available courses to continue your learning journey!

For learners who opt to accomplish the certification project

Acquaint yourself with the different guidelines in place for the project:

- [Case Study Requirements](#)
- [Case Study Rubric](#)
- [PH Level Requirements and Submission Portal Instructions](#)

When you are ready to submit your Case Study, click the "Certificate Project Submission Portal" in the course.

ACCESSIBILITY ACCOMMODATIONS, GRIEVANCES, & REFUNDS

Psych Hub's Grievance Policy, which includes information on filing grievances, requesting a refund, and requesting accessibility accommodations, can be found by clicking [here](#) or navigating to the footer of lms.psychhub.com.

SYSTEM REQUIREMENTS

Accessing this course requires an internet connection. The following technology can be used for access:

Operating Systems

- Windows 7/8/10, any edition
- macOS 10.6 and above
- Any phone or tablet with an internet browser

Internet Browsers

- Any standard internet browser (i.e. Chrome, IE, Firefox, Edge, Safari)

PSYCH HUB CONTACT INFORMATION

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