
COURSE: FOUNDATIONS IN THE SAFETY PLANNING INTERVENTION FOR CLINICIANS

Clients at risk of suicide need strategies they can use to navigate suicidal crises outside of session. This course presents the Stanley-Brown Safety Planning Intervention, which is created collaboratively in session and used by the client to reduce suicidal risk. Showcasing the expertise of Dr. Barbara Stanley and Dr. Gregory Brown, the creators of the Stanley-Brown Safety Planning Intervention, this course will prove a valuable asset to many clinicians who treat suicidal clients. After finishing this course, clinicians will understand the tools commonly used for risk screening, assessment, and stratification and effectively create personalized safety plans with their clients. Learners will have access to three modules full of live filmed roleplays, interactive slides, and practical assessments, as well as printable templates and other paper and video resources. *NOTE: Cognitive Behavioral Therapy Foundations—A Skills-Based Approach is a prerequisite for this course. You will not have access to this course unless you have first completed Cognitive Behavioral Therapy Foundations.*

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COURSE OVERVIEW

COST: \$75/year for this course and all supplementary materials; \$360/year for access to every Psych Hub course

ESTIMATED COURSE LENGTH: 2 hrs. 30 mins.

CE CREDITS: 2.50 continuing education hours for social workers, psychologists, marriage and family therapists, physicians, and nurses / 1.50 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: 13 downloadable PDFs expanding on relevant course topics
- Provider videos: 2 provider videos to highlight key concepts
- Client videos: 3 client videos for psychoeducation

LEARNING OBJECTIVES

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

1. Critically appraise risk screening, assessment, and stratification tools utilized in determining client levels of suicide risk.
2. Create personalized safety plans in collaboration with clients at risk for suicide and provide psychoeducation on the utilization and storage of their safety plan.

3. Recognize and formulate a plan for management of: adaptations for adolescents, cultural humility, client reluctance, and challenging settings.

MODULE OVERVIEWS

MODULE 1: BEGINNING CARE AND IDENTIFYING RISK

Case study synopsis; course introduction; Aliyah's story; beginning care; identifying risk; risk screening with Aliyah (roleplay); discussing the topic of suicide; risk and protective factors.

MODULE 2: SAFETY PLANNING

Psychoeducation about the importance of safety planning; step 1 of safety planning (recognizing the warning signs of an impending suicidal crisis); psychoeducation on safety planning, the suicide narrative, the suicide risk curve, and step 1 with Aliyah (roleplay); step 2 of safety planning (using your own coping strategies), step 2 with Aliyah (roleplay), step 3 of safety planning (contacting others to distract from suicidal thoughts), step 4 of safety planning (contacting family members or friends who may help resolve the crisis), step 4 with Aliyah (roleplay), step 5 of safety planning (contacting mental health professionals or agencies), step 6 of safety planning (making the environment safer), step 6 with Aliyah (roleplay), before the encounter ends, evidence for the safety planning intervention.

MODULE 3: CONSIDERATIONS AND CHALLENGES OF SAFETY PLANNING

Adaptations for adolescents, cultural humility, clinical encounters, challenging settings, being aware of negative reactions, clinician anxiety around treating suicidal clients.

COURSE AUTHORS

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

BARBARA H. STANLEY, PH.D.

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, PH.D.

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.

ACKNOWLEDGEMENTS

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

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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

7/27/2021

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 Learning Hub 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 **2.50** 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 **2.50** 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 **2.50** 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 **2.50** clinical continuing education credits.

CALIFORNIA ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS (CAMFT)



Course meets the qualifications for **2.50** 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 **1.50** 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: **2 hours 37 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: **1 hour 30 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 (≥ 1 HOUR 52 MINUTES)

- Pre-Course Assessment (~5 minutes) [EXCLUDED FROM ACTIVITIES FOR NBCC CREDIT]
- Module 1: Beginning Care and Identifying Risk (22+ minutes)
- Post-Module 1 Assessment (~7 minutes) [EXCLUDED FROM ACTIVITIES FOR NBCC CREDIT]
- Module 2: Safety Planning (31+ minutes)
- Post-Module 2 Assessment (~5 minutes) [EXCLUDED FROM ACTIVITIES FOR NBCC CREDIT]
- Module 3: Considerations and Challenges of Safety Planning (37+ minutes)
- Post-Module 3 Assessment (~5 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

After completing the course and receiving your general certificate of completion, you will be provided the option to complete the certification project. Please follow instructions provided within the course if you wish to pursue your certification.

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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