



Risk assessment and life-encouraging conversations.

Understanding suicidal thoughts while capturing values and hopes for life.

This presentation invites participants to reflect on their experiences of administering suicide risk assessments. It explores new possibilities for working in relation to suicide screening in situations

where this is a requirement of professional practice, informed by Michael White's Maps of practice and William Madsen Phd's work on assessments. A pilot study will be shared to highlight experiences of concern around how approaches to 'suicide risk assessment' can affect our work and the young people who are required to be assessed. The workshop will investigate the assessment process as an intervention of itself, with the potential for negative consequences for young people, workers and the therapeutic relationship. Drawing on a narrative and post-structuralist framework new developments and ideas will be shared which are intended to scaffold conversations that externalise the problem, elicit people's life-sustaining practices, and enable assessment of distress and suicidal thoughts. Participants will have the opportunity to practice the style of questions and consider further applications. There will also be opportunity to look how these learnings may protect from "burn-out" or "ticking boxes" for requirements out of fear.

We hope this workshop will invite participants to feel more useful and empowered in the context of this requirement and connect to curiosity about ways of having conversations that open up space for people to speak of despair, and questions about living, in ways that are respectful and encouraging of life-sustaining steps.

Teaching methods include didactic presentation, case-based learning, experiential learning and discussion.

Learning objectives of this training:

1. Understand the context and the questions used in current risk assessments and explore the concept of assessment as an intervention in itself.
2. Reflect on their experiences and how other mental health professionals speak about the process and gain insider knowledge of young people's concerns and feedback.
3. Learn a new model and style of questions informed by Narrative concepts which allows a simultaneous gathering of understandings about suicidal thoughts and risk of harm whilst eliciting and capturing values and life sustaining hopes, knowledges and practices. This invites a process which can become "life-saving".



Rina Taub has over 20 years of professional experience as a Counselling Psychologist and Couple and Family Narrative Therapist. She has worked alongside people to define themselves away from problems and towards preferred territory, inviting individuals to live with integrity and find ways of responding in accordance with what is important to them. Rina facilitates reflective practice groups and workshops for various health and welfare agencies and has presented at National and International Conferences. She has been the convener of the 'Narrative Theory and Practice in Psychology' interest group of the APS since 2011.

Rina's use of Narrative Therapy considers culture and context and allows for conversations with young people which identify and name what is missing in their lives and works alongside them to navigate difficult times and support movement towards preferred territory. Narrative therapy fosters hope and is appreciative of diversity.

Rina has extensive experience working with young children and families in the public sector, with NGOs, consulting with schools, running groups in high schools, as well as seeing youth and their families in private practice. She enjoys supervising school psychologists, and other counsellors in a variety of youth services including Headspace. Rina provides training to intern psychologists as well as fully registered psychologists, social workers and other allied health professionals. She is committed to investing in the future of those working in the field and enjoys sharing in people's learning journeys and storying of their professional identities. Rina values opportunities to mentor professionals in developing a framework and vision of best practice.

This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

View our range of training topics at www.PDPseminars.com.au to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.



ACA: Members can accrue 6 CPD points.



AASW: Members can accrue 3 CPD hours.



ACWA: Members can accrue 3 CPD hours.

PACFA: Members can accrue 3 CPD hours.

APS: Activities do not need to be endorsed by APS. Members can accrue 3 active hours.

Session Outline Current suicide screening with young people.
Interactive exercise with participants reflecting on experiences of administering risk assessments.
Rationale for pilot study and theoretical framework and other research informing the design.
Self-help approaches and resources as an adjunct to therapy.
Short reflective exercise exploring what questions they might be curious to ask and how they might integrate these ideas.
Description of the new model and the study which followed including findings.
Handing out of questionnaire and discussion of applications in participant's work contexts.
Exercise exploring their dilemmas.
Evaluation and Closing.

"Hear about young people's insider knowledge of suicide screens, and feedback from health professionals and learn about respectful and hopeful ways that assessments can be done which are genuinely helping people take steps towards living." Rina Taub

How will you benefit from attending this training? Booking process:

- Gain insight into ethical issues and dilemmas which exist in performing risk assessments.
- Explore perspectives of other health professionals and insider knowledge from young people on their experiences.
- Empower your practice and sense of "usefulness" in this difficult area by learning a new model informed by Narrative concepts which allows a simultaneous gathering of understandings about suicidal thoughts and risk of harm whilst eliciting and capturing values and life sustaining hopes, knowledges and practices.

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

We include:

- Presenter travel and accommodation costs.
- Soft copy of all slides, notes and resources and evaluation.
- Individual attendance certificates for all participants.

This seminar has been designed to extend the clinical knowledge and applied skill of School Counsellors, Psychologists, Psychotherapists, Social workers, Youth/case workers, Psychiatrists and anyone working with children and families.

Feedback for Rina's recent training presentations:

"The workshop reminded me of my values and the way which I would prefer to work. The therapy sits very well with what type of therapist I want to be".

"I love the approach and range of questions. Will be great to apply, gentle, creative opening new avenues of healing/growth".

"Well constructed workshop. Clear, interactive. Interesting segments and sequencing".

"I liked the interaction- opportunity to participate. The amount of knowledge showed".

"Remember not to jump to the strengths/alternative story but explore and help client to get there themselves."