



# Stages and skills in suicide prevention and post-vention support.

## Step-by-step skills and resources to build confidence in this challenging work.

This course will equip you with the skills to respond to a client's plea for help when they are contemplating suicide and how to support people affected by the loss of suicide. It is an interactive workshop offering theoretical and practical information on suicide prevention and post-vention. It will answer the questions: "What do I do if someone is suicidal?" and "How do you help someone who is self-harming?". It will demystify some of the common misunderstandings pertaining to this specialised and yet common loss. The Suicide intervention model will be presented and demonstrated. Participants will develop skills in risk assessment enabling them to apply and integrate theory and practice into their current skills. Sharpen your listening skills that help you stay connected to your clients. Various levels of risk assessments will be demonstrated.

Experiencing the sudden loss of a friend or loved one usually throws people into a major crisis of loss, grief and bereavement. Losing someone through suicide usually triggers more than this crisis as it raises many questions, concerns and responses that are unique to the loss through suicide. This course provides an opportunity to explore how to best support the bereaved client/s,

many of whom are at risk of becoming vulnerable to suicidal thoughts themselves. Self-care strategies for the support person will also be discussed

### Learning objectives of this training:

1. Learn and practice suicide prevention, intervention and post-vention skills
2. Apply enhanced confidence when working with people who present with suicidal and self-harming ideation and behaviour
3. Learn the steps involved in suicide first aid
4. Understand the needs of people bereaved through suicide
5. Develop strategies to provide support and a healing environment for the bereaved
6. Provide grief support after suicide
7. Explore strategies that can turn the tragedy of suicide into actions of positive change
8. Enrich referral skills and referral resources
9. Appreciate the value of self-care strategies, debriefing and supervision.

Beate will share her extensive knowledge, clinical experience and practical approaches and methods throughout the day.



**Beate Steller** brings over 30 years of experience in a variety of sectors and industries to her role as a principal Training and Development Consultant. Beate also currently works as a Spiritual Wellbeing Co-ordinator in aged and palliative care and has worked with people from Indigenous and culturally diverse backgrounds. She has been an adult educator since 1992, for the Centre for Community Welfare Training, the Australian College of Applied Psychology and Lifeline Sydney. For over a decade Beate has specialised in grief and loss education/counselling and transition counselling and has been on the Board of NALAG (National Association for Loss and Grief) since 2009. Beate is trained in the ASSIST suicide prevention program, co-facilitated an After Suicide Support Group and presented at the 3rd and 4th Australian Post-vention Conference. She had her first book published in 2017 called *Tech-connect – Staying Meaningfully Connected in Aged Care*. She has post-graduate qualifications in Adult Education, Social Work and Nursing, holds a Certificate IV in Assessment and Workplace Training and is currently completing her second Master Degree in Ageing and Pastoral studies at Charles Sturt University. Beate is a professional member of the AASW, the NSW Health Services Profession (as a Registered Nurse), and Spiritual Care Australia.

**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.**

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**ACA:** Members can accrue 12 CPD points.

**AASW:** Members can accrue 6 CPD hours.



**ACWA:** Members can accrue 6 CPD hours.

**PACFA:** Members can accrue 6 CPD hours.

**APS:** Activities do not need to be endorsed by APS. Members can accrue 6 active hours.

### **Morning Session**

Identifying the most challenging issues when working with suicide and suicide bereavement.  
Facts and figures about suicide.  
Causes of suicide and overview of the suicide prevention model.  
Frameworks that help us understand the grieving process.  
Communicating with those bereaved by suicide loss; how to listen and what to say.

### **Afternoon Session**

Strategies for providing support after suicide.  
Referral strategies, resources and support systems.  
Self-care and debriefing in suicide bereavement.  
Creating a toolbox for working with bereaved adults.  
Evaluation of course and close.

***"Equip yourself with the latest theories, skills and practice to respond and support someone with suicidal thoughts or is bereaved through suicide."***

Beate Steller

### **How will you benefit from attending this training?**

- Learn and practice suicide prevention, intervention and postvention skills that can make all the difference to your clients' life and wellbeing.
- Enhance your grief support skills and confidence when working with people who are bereaved by suicide loss.
- Develop your risk assessment skills and integrate latest theory and practice into your current work.

### **Booking process:**

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.

**Contact: Carmen Nicotra 1300 887 622 or [info@PDPseminars.com.au](mailto:info@PDPseminars.com.au) for information, quotation or to have a helpful chat about the needs of your team.**

**This seminar has been designed to extend the clinical knowledge and applied skill of Counsellors, Psychotherapists, Coaches, Psychologists, Hypnotherapists, Social Workers and Psychiatrists working with individuals, couples and families.**

### **Feedback form Beate's recent presentations:**

*"I found the seminar very informative interesting and relevant. I have learnt skills that I can carry through in counselling the elderly"*

*"Thankyou-you Beate! Great Course"*

*"Seminar was run well with variety of related topics, different techniques, skills etc explored opportunities for discussion and reflection."*

*"The seminar provided a well-rounded snapshot of an enormous, multi-layered topic. The sharing and stimulation of the participants stories was a highlight"*

*"Enlightening and lots of useful info to work with"*

*"An enjoyable day. Relevant to my work. Better understanding with connection with older people better understanding of building resilience in this stage of life with many patients in my work environment. Enjoyed the grief and loss and reminiscing."*

*"Interesting, engaging, informative and a wonderfully lively seminar, Thankyou Beate. The videos were excellent."*

*"Great workshop and very good venue."*

*"Model of spirituality is what I will take away for my work. i.e. ensure staff are assessing person holistically thru use of model."*

*"Very respectful and encouraged us to share our experiences in a safe and friendly environment. Loved her presenters' passion and the stories from her work that she shared with us. Thank you Beate. "*