
The Professional Management of Suicide Risk & Suicidality.

Suicide prevention training is a vitally important topic because it affects so many people, and it affects them so deeply. So far we have not been especially good at it, either in the UK or worldwide, and we have developed the Professional Management of Suicide Risk and Suicidality programme to try to remedy that.

The programme consists of two courses, and you can have either or both:

- 1. Suicide-Risk Assessment and Management (2 days)**
- 2. Building a Life Worth Living: Psychosocial Interventions for Suicidality (3 days)**

1. Suicide-Risk Assessment and Management.

Suicide is a terrible phenomenon with thousands of people taking their own lives in the UK and worldwide, every year, and we don't respond to it especially well: around 50% of people who end their own lives have seen their doctors in the previous week and about 90% in the previous year. To intervene better, we need to be able to spot those who are at risk, to manage the risk (do our best to ensure it doesn't happen), and intervene to help people build a rewarding life long-term.

This 2-day course focuses on the first two of those three factors, and is based on APT's acclaimed DICES® programme for risk assessment and management. It focuses purely on the risk of suicide, covering

1. Risk Assessment
2. Risk Management
3. How to verify and demonstrate you have assessed and managed risk

and does so in a client-focused way, designed to help the client from the very first moment of contact.

Equally, many professionals become anxious about seeing patients who are suicidal, so this course aims also to help us become relaxed and optimistic about seeing suicidal people, because we will know what to do: we will notice them, we will be able to manage their suicidality, we will be able to give them hope for the future.

2. Building a Life Worth Living: Psychosocial Interventions for Suicidality.

There is more to working with suicidality than risk assessment and management, and having mastered those, we need then to be able to help people to build lives that are genuinely worth living. It is unrealistic to think we can create lives that are completely free of suffering, but perfectly realistic to help create lives that are worth suffering for. And this 3-day course strives to achieve just that.

It is also true that some professionals become anxious about seeing patients who are suicidal, so what this course aims to do is to help us become relaxed and optimistic about seeing suicidal people, because we will know how to give them hope, and how to deliver as well as possible on that hope.

For full course information,
visit: www.appt.ac
or Google: [appt pmsrs](https://www.google.com/search?q=appt+pmsrs)

To discuss or place an order call **0116 241 8331** or email office@appt.ac