

ONE-DAY TRAINING WORKSHOP

PREVENTING SUICIDE: THE SOLUTION FOCUSED APPROACH

WORKSHOP CONTENT

- Solution Focused (SF) basic principles, assumptions and beliefs
- Aims and objectives
- How we can tell whether someone is suicidal or not
- Sample SF questions to elicit suicidal ideation
- 'Going with the client/service user', in the first instance
- Rapid rapport building
- Hearing out the problem
- Empathy and *deep* empathy
- Pre-session change and exception finding
- Attempted solutions to the problems responsible for engendering suicidal ideas
- Sample SF questions for when suicidal ideation has been established
- Goal negotiation and agreement about small steps forward
- Scaling hope and scaling progress
- The 'triple twins' of SF success (persistence & patience; creativity & curiosity; and hope and optimism)
- Generating other possibilities to the suicide option
- Presuppositional language generally; and presuppositional questions, specifically
- The power of compliments
- Worst case (graveside) scenario
- Ending a session with a suicidal service user positively, constructively and assertively
- Mirroring back service users' language
- Being as effective as possible: 10 key points to cover
- Task setting before the next session
- The 4-stage process for second and subsequent sessions
- Workshop roundup and summary