



4-hour Webinar with Dolores Mosquera

Helping Clients with Suicidal Ideation
and Self-harming Behaviors
during the Pandemic:
The “How To” of Working Online
with this Population

(Includes the recording access for 30 days)

May 16th, 2020

9 am to 1 pm (MDT)

Registration Now Open!

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About this Webinar

Self-harm and suicidal ideation present diverse challenges for therapists. The patient who self-injures or thinks about killing himself poses a complex situation at a relational level. This dynamic becomes even more complex during times of confinement, in which normal reactions to the current situation are strong triggers for clients with an unresolved traumatic past.

The terms suicide and self-harm, as well as the intentions behind both, can be easily confused. Many of those who self-harm do not want to die and, in fact, this behavior sometimes helps them tolerate their suffering and *keeps them alive*. But lacking emotional regulation and problem-solving resources increases their chances of resorting to suicide as a solution.

Key Program Content

Different stages of suicidal ideation
Specific interventions for self-harm and suicidal ideation
Skills to improve emotional regulation and coping strategies.

Learning objectives:

- Participants will be able to describe the different stages of suicide ideation and how to work with them.
- Participants will be able to describe at least 3 interventions intended to improve clients' capacities for basic self-care and emotional self-regulation.
- Participants will recognize and resolve challenging clinical situations that frequently arise in treating clients with recurrent suicide attempts and self-harming behaviors.
- Participants will be able to recognize and select appropriate responses for coping with suicidal and self-harming behaviors.