



Using CBT with Clients who are Suicidal

Presented by Donna Sudak, MD

Target Audience: Licensed and License Eligible Staff.

Course Description: Participants will learn effective approaches to assessing, safety planning and treating clients with suicidal ideation and behavior.

Prerequisite: None. However, course content is geared toward participants with a basic understanding of CBT.

Participants of the training will learn ...

- A structure for assessing for suicide
- How to create a hope box for clients
- Strategies for helping clients manage automatic thoughts and helplessness

Backout Code: 2000



Donna Sudak, MD, is professor and vice chair for education in the Department of Psychiatry, at Drexel University in Philadelphia, PA. She has previously served as interim program director for the Adult Psychiatry Residency. Dr. Sudak began a one-year term as president of the American Association of Directors of Psychiatric Residency Programs in 2018. Dr. Sudak, is director of the psychotherapy training program and is board certified in psychiatry, with special expertise in both psychopharmacological treatments and cognitive behavioral treatments

Training Details

Tuesday, March 24, 2020 OR
Friday, May 22, 2020

Marina Training Center

Sign-In: 8:30 AM – 9:00 AM
Course: 9:00 AM – 4:30 PM

Snacks Provided. Lunch on Your Own

Cost: Free

**Enrollment for Eligible Individuals
(Max = 50)**

Continuing Education: Six (6) Credits
for: LCSW, LMFT, LPPC, LEP &
Psychologist Professionals