

Preventing Suicide



As psychotherapists and counsellors, it would be strange if we shirked topics relating to life and death. Suicide shouldn't be an exception but many practitioners lack confidence in what to do with suicidal patients and are unsure what is expected of them. Sometimes our confidence is knocked by the assumption there is a special 'suicide risk language' just out of our reach or some formula we haven't yet learnt. But in reality our own training has given us the perfect basis to assess the precise meanings of suicidal thoughts and actions and the specific set of circumstances that might lead one person to act on their thoughts when another does not – our training makes us experts at listening to the detail of a patient's life and knowing how to offer crafted responses, questions and interpretations.

This workshop will use our training to best effect. The aim will be to challenge participants to create their own basic procedures which can be put into action when working with a suicidal client. In this way we can create a greater therapeutic space within our practice before there is any need to escalate to urgent care. It will be a mix of large and small group work and use a composite case study throughout to help attendees think through the varying approaches to take for patients at different levels of suicidality.

We will assess suicidal thoughts in the context of a patient's life as well as offer best practice techniques and adaptations for working with people closer to the point of attempting suicide. It will be a practical approach to working with suicidal patients and will navigate urgent care options. It is not intended to be a space to work through our personal or counter-transference feelings on the subject.

This will be an all-day, in-person only workshop open to councillors and psychotherapists who have completed their training. Places are limited to 15 so please book early to avoid disappointment. CPD certificates will be issued on the day. Refreshments will be provided but please bring your own lunch. All proceeds will support the Guild's Reduced-fee clinic.

Dan Bracken is Head of James' Place London, a therapy centre designed to work with men in suicidal crisis. Dan and his team work closely with psychiatric liaison teams and mental health crisis teams in Camden, Islington, City and Hackney and Haringey. He is a Psychoanalytic Psychotherapist and a member of The Guild of Psychotherapists.

**10 - 4pm Saturday 2nd December 2023 (with an hour for lunch).
£80 (£60 for Guild Members and Guild Student Members).
At The Guild of Psychotherapists, 47 Nelson Square, London SE1 0QA.**