

## Level 2 Certification in the CASE Approach

### Macrotraining in the Chronological Assessment of Suicide Events (CASE Approach) for Supervisors and Clinicians

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#### Description

Undoubtedly one of the most difficult and critical tasks for any clinician is the sensitive uncovering of suicidal intent. In this four-hour intensive macrotraining session, a single trainee works with a single TISA trainer to develop competence in the use of the innovative interviewing strategy for eliciting suicidal ideation, behaviors, and intent called the Chronological Assessment of Suicide Events (the CASE Approach).

The internationally acclaimed CASE Approach has been described by David Jobes Ph.D., a former President of the American Association of Suicidology, as follows:

“The CASE Approach moves the clinician almost imperceptibly into the secret internal workings of the mind and soul of the patient tormented by suicidal ideation. I believe that the CASE Approach is a remarkable conceptual and clinical contribution to the field of suicidology. It should be taught to any front-line clinician. It has the power to meaningfully save lives.”

**Target Audience:** All mental health professionals and substance abuse counselors including psychologists, social workers, counselors, psychiatric nurses, psychiatrists, case managers and graduate students as well as both professional and volunteer crisis line workers. Particularly popular with supervisors who want to ensure their skill at effectively using the CASE Approach so as to enhance their ability to provide state-of-the-art supervision on uncovering suicidal ideation, behaviors, and intent.

**Training Provided by:** Tisa trainers

**Length:** A macrotraining session generally requires roughly four hours and is a *private* training session done with a single TISA macrotrainer (with breaks as needed)

**Results:** Upon successful completion of the macrotraining session, the trainee is awarded certification in the CASE Approach from TISA. **TISA is the only organization authorized to provide certification in the CASE Approach from the originator of the model – Shawn Christopher Shea.**

**Key Points:** 1) Each macrotraining session is devoted solely to the interviewing skills needed to gracefully raise the topic of suicide and subsequently explore in a

sensitive and thorough fashion the suicidal ideation, feelings, plans, behaviors and intent of the client using the Chronological Assessment of Suicide Events (CASE Approach).

- 2) All role-playing uses the evidence based role-playing techniques of microtraining developed by Allen Ivey as enhanced into the serial role-playing approach developed by Shawn Christopher Shea for teaching complex interviewing strategies to a level of complete competence, an educational technology called *macrotraining* (see reference below).

### **Educational Format**

In macrotraining, the TISA trainer utilizes brief didactics to describe each validity technique and how each region of the CASE Approach (presenting suicidal ideation, recent ideation over the past two months, past suicidal ideation, and immediate ideation and intent during the interview itself) is explored by sequencing these interviewing techniques. Every sequential region of the CASE Approach is demonstrated by showing a video of Dr. Shea using the CASE Approach.

With each step of the macrotraining, the learning process is individualized to the trainee via a specially designed set of role-plays utilized to ensure the competence of the trainee as he or she learns how to navigate the nuances of using the CASE Approach effectively. A sophisticated style of serial role-playing called “double-back” role-playing is used to consolidate each learning step. Macrotrainers are also trained to invent unique role-plays to match the specific needs of a particular trainee. The sessions are fun, intense, and eminently practical. By the end of the macrotraining session the trainee should be able to demonstrate the CASE Approach from front-to-back without errors or cueing. Certification to competency is awarded to all trainees who can complete this final challenge.

### **Educational Goals**

#### **Ability to effectively use the following six validity techniques:**

1. shame attenuation
2. normalization
3. behavioral incident
4. gentle assumption
5. symptom amplification
6. denial of the specific

#### **Ability to effectively integrate the validity techniques into the CASE Approach:**

1. creating a “verbal videotape” using behavioral incidents
2. sequential exploration of suicidal ideation, behavior, plans and intent in the past 48 hours (Presenting Suicide Events)
3. sequential exploration of suicidal ideation, behavior, plans and intent in the Past 2 months (Recent Suicide Events)
4. sequential exploration of suicidal ideation, behavior, plans and intent in the remaining history of past time frame (Past Suicide Events)
5. sequential exploration of suicidal ideation, plans actually occurring during

- the current interview (Immediate Suicide Events)
6. ability to flexibly apply the CASE Approach to the unique needs of the client and the clinical situation, whether a face-to-face interview or during an interview by phone

### **The Designer and Master Trainer**

Shawn Christopher Shea, M.D. is an acclaimed workshop leader and educational innovator in the fields of suicide prevention and clinical interviewing, having given over 850 presentations worldwide. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association for his presentations at their annual meetings. He is a frequent presenter at the Cape Cod Symposium where his course has received the highest evaluation of the thirty courses presented over the summer.

Dr. Shea is the author of six books and numerous articles on clinical interviewing and training, including one of the classic texts in the field of suicide prevention, *The Practical Art of Suicide Assessment*. He is the creator of the internationally acclaimed interviewing strategy for uncovering suicidal ideation and intent – the Chronological Assessment of Suicide Events (the CASE Approach). His other interviewing innovations, including faciliic supervision, macrotraining and the Medication Interest Model (MIM) have been adopted around the world with his works being translated into a variety of languages as diverse as French, Greek, Japanese, and Chinese.

Both editions of his book, *Psychiatric Interviewing: the Art of Understanding*, have been chosen by the Medical Library Association for the Brandon/Hill List as one of the 16 most important books in the field of psychiatry, and it's French translation was awarded the "Prix Psyche" in 2005 as the most important new psychiatric book published in the French language.

Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing ([www.suicideassessment.com](http://www.suicideassessment.com)), a training and consultation service providing workshops, consultations, and quality assurance design in mental health assessments. Dr. Shea is also in private practice.

**For more information on macrotraining, the following article is available as a free pdf on our homepage. Return to our homepage: [www.suicideassessment.com](http://www.suicideassessment.com) - look at the right sidebar and click "Article on Using Macrotraining to Teach the CASE Approach":**

Shea SC & Barney C. Macrotraining: a "how-to" primer for using serial role-playing to train complex interviewing tasks such as suicide assessment. *Psychiatric Clinics of North America*. 2007; 30(2):e1-e29, web-based article.

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