

## Full-Day Group Training

# Experiential Training in the Chronological Assessment of Suicide Events (CASE Approach)

**Provided by:** Training Institute for Suicide Assessment and Clinical Interviewing (TISA)  
[www.suicideassessment.com](http://www.suicideassessment.com)

**Intended Audience:** Counselors, Psychologists, Psychiatrists, Social Workers, Psychiatric Nurses, Substance Abuse Counselors, School Counselors, Case Managers, and Crisis Center Providers

### Description

Undoubtedly one of the most difficult and critical tasks for any clinician is the assessment of suicide risk. In this full-day experiential set of workshops, participants develop a working expertise in 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.”

In the course of the day, two state-of-the-art role-playing approaches - *microtraining* and *macrotraining* are adapted to provide an intensive small-group training experience - pod training - that not only provides a sound introduction to the principles of the CASE Approach but also provides an opportunity to practice the techniques via a set of carefully designed role-playing experiences.

The TISA trainer provides an in-depth presentation of how to use the CASE Approach to weave four interviewing techniques - designed to increase validity - into a fluid interview strategy for uncovering suicidal desire, ideation, planning, actions and intent. The trainer provides 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 technique and sequential region of the CASE Approach is demonstrated by the showing of a video of Dr. Shea using the CASE Approach.

Participants break into learning pods of four individuals *directly after each specific technique is described and demonstrated* to employ the role-playing techniques described above. The trainer circulates among learning pods to observe and provide direct feedback, as well as demonstrating techniques where appropriate. By the end of the day, each participant will have individually performed, as the interviewer, approximately 10 role-plays (to enhance

their skill in using each interviewing skill), will have functioned as the interviewee in approximately 10 role-plays (to experience what the interviewing techniques feel like to clients), and will have functioned as an “observer coach” in approximately 20 role-plays to better understand the nuances of the interviewing techniques and consolidate their use.

## **Objectives**

By the end of the day, participants will have gained both a theoretical and experiential understanding of the CASE Approach, providing them with advanced skills in the effective use of the following techniques and strategies:

### **Individual use of validity techniques:**

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

### **Integration of 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 the past (Past Suicide Events)
5. sequential exploration of suicidal ideation, plans, and intent actually occurring during the interview itself (Immediate Suicide Events)
6. instruction on how 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 a crisis line intervention.

## **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. He is also an Adjunct Assistant Professor of Psychiatry at the Dartmouth Medical School.

**For more information on the CASE Approach, the following two-part 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 on "2-Part Article on Uncovering Suicidal Intent and the CASE Approach":**

Shea, SC: Suicide Assessment: Part 1: Uncovering Suicidal Intent – A Sophisticated Art and Part 2: Uncovering Suicidal Intent Using the Chronological Assessment of Suicide Events (CASE Approach). *Psychiatric Times*. December, 2009.

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