

Suicide Prevention Series

FOR MENTAL HEALTH PRACTITIONERS



About Psych Hub

EMPOWERING A BETTER APPROACH TO MENTAL HEALTH

Empowering everyone to create a better approach to mental health for themselves and others using evidence-based courses and digital resources to supplement your learning.

COURSE
COMPLETION RATES

7X

THE INDUSTRY
AVERAGE

1M+
MONTHLY
YOUTUBE VIEWS





The Mental Health Practitioner Hub

Educating practitioners to deliver specialized therapy through evidence-based interventions and tools.

The Mental Health Practitioner Hub aims to move practitioners from being generalists to specialists by earning certificates in evidence-based interventions.

Our solution equips practitioners with proven tools to practice precision therapy and promotes consumer engagement by providing videos and resources that can be shared with patients to help reinforce new skills between sessions.

Suicide Prevention Series

The Suicide Prevention series focuses on utilizing specific interventions, demonstrating measurement-based care for assessment, treatment planning, intervention implementation, and evaluation.

After completing the four courses and the case study you will receive a **Suicide Prevention Series Certificate**.

Clinical Application Project- The project gives you the opportunity to apply newly gained knowledge from the courses to client care to a clinical scenario from assessment through discharge.



Suicide Prevention Series Certificate

4 COURSES | CASE STUDY | 12 HOURS OF LEARNING |
EARN UP TO 11.5 CE CREDITS / 8.25 CME CREDITS

COURSE 1



CBT FOUNDATIONS
Intermediate Level
3.00-3.25 CE Credits

COURSE 2



FOUNDATIONS IN
SAFETY PLANNING FOR
CLINICIANS
Advanced Level
1.50-2.50 CE Credits
2.50 CME Credits

COURSE 3



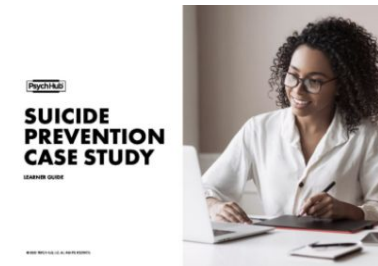
COUNSELING ON ACCESS
TO LETHAL MEANS
Advanced Level
1.50-2.25 CE Credits
2.25 CME Credits

COURSE 4



CBT FOR REDUCING
SUICIDE RISK
Advanced Level
2.75-3.50 CE Credits
3.50 CME Credits

CASE STUDY



[Download Guide](#)

CLINICAL APPLICATION
PROJECT

[Visit the Psych Hub Platform](#) to enroll in the courses today. This will ensure you can complete your certificate. You can start today with the Cognitive Behavioral Therapy (CBT) foundations course. This is a prerequisite to the certificate program.

COGNITIVE BEHAVIORAL THERAPY FOUNDATIONS: A SKILLS-BASED APPROACH

Target Audience: Mental Health Providers, Physicians, and Nurses

Prerequisites: None

Length: 8 Modules, 3 hours

Module 1: Introducing the Cognitive Model

Module 2: What Happens in the First Phase of Treatment

Module 3: Restructuring the Cognitive

Module 4: Identifying Emotions and Altering Core Beliefs

Module 5: Applying Behavioral Intervention

Module 6: Coping Techniques and Behavioral Intervention

Module 7: Maintaining the Alliance with Your Client

Module 8: Ending Treatment and Preventing Relapse

Theory Tank:

- A Brief History of CBT
- The Cognitive Behavioral Model
- CBT and Multicultural Considerations
- Treatment Monitoring and Evaluation Instruments

Lived Experience: SMEs share their experiences implementing CBT

SME Partners: Dr. Gregory Brown | Dr. Barbara Stanley



COGNITIVE BEHAVIORAL THERAPY FOR REDUCING SUICIDE RISK

Target Audience: Mental Health Providers, Physicians, and Nurses

Prerequisites :CBT Foundations and Safety Planning
Foundations for Clinicians

Length: 3 Modules, 3 hours

Module 1: First Phase of Treatment

Module 2: Middle Phase of Treatment

Module 3: Final Phase of Treatment

Theory Tank:

- Why Clinicians Should Treat Suicidal Individuals
- Evidence for CBT for Reducing Suicide Risk
- Postvention
- Preventing Burnout and Secondary Trauma,
- Evidence-based Self-Care for Clinicians

Lived Experience: SME's share their experiences working with suicidal clients and discuss burnout prevention and self-care

SME Partners: Dr. Gregory Brown | Dr. Barbara Stanley



COUNSELING ON ACCESS TO LETHAL MEANS

Target Audience: Mental Health Providers, Physicians, and Nurses

Prerequisites: CBT Foundations

Length: 3 Modules, 2-3 hours

Module 1: Why Means Matter

Module 2: CALM Basics & Filmed Clinical Sessions

Module 3: CALM Scenarios and Role-Plays

Lived Experience: CALM trained therapists and CALM SME'S discuss benefits of implementing CALM.

Supplemental Materials:

- Cultural Humility and Gun Culture
- Firearm Safe Storage
- Therapist Documentation Tips

SME Partners: Cathy Barber | Elaine Frank



FOUNDATIONS IN SAFETY PLANNING FOR CLINICIANS

Target Audience: Mental Health Providers, Physicians, and Nurses

Prerequisite: CBT Foundations

Length: 3 Modules, 2-3 hours

Module 1: Beginning Care and Identifying Risk

Module 2: Safety Planning

Module 3: Challenges of Safety Planning

Theory Tank:

- Discomfort Around the Topic of Suicide
- Evidence for the Safety Planning Intervention
- Clinician Anxiety Treating Suicidal Individuals
- Dealing with Countertransference

Lived Experience: SME's share their experiences working with suicidal clients, discuss clinician anxiety, and give tips on how to deal with countertransference

SME Partners: Dr. Gregory Brown | Dr. Barbara Stanley

