

Healing Child Suicide: 4 Steps to Quickly Diagnose and Treat Its Root Causes

3.0 CE Credit Hours - CE credit from ASWB and NBCC included

(1.0 hr.)

In-Depth Overview: How to Look at Suicidal Threats or Acts through a Family Systems Trauma Lens?

- Three Core Potential Family Systems Drivers of Suicide: Disengagement, Enmeshment, and Family Secrets
- Movie clips from Ordinary People: Why it's important to see threats or acts of suicide through an FST Model (Family Systems Trauma) lens.
- How you can replicate this same process for the clients you work with.



Video Demonstration: Ordinary People Movie Clips

(2.0 hrs.)

4 Steps to Quickly Diagnosis and Treat Root Causes of Child Suicide

- **Step 1:** FST Stress Chart, Circular Questions, and Safety Stressors



Video Demonstration: Tools to (Safely) Bring Suicide into the Open

- **Step 2:** FST Seed Tree Diagram: Locate the Key Undercurrents



Video Demonstration: How to Locate the Key Undercurrents

- **Step 3:** FST Playbook Technique: Heal Suicidal Threats or Acts

- **Step 4:** FST Feedback Loops: Showing the Suicidal Dance



Video Demonstration: How to Use Feedback Loops

In-Depth Q & A (Question & Answer) with Dr. Sells

Learning Objectives

You will learn how to:

- ✓ Identify the three core family systems drivers of suicide: (1) disengagement; (2) enmeshment; and (3) family secrets
- ✓ Use key movie clips from the Ordinary People to see suicide through a family systems trauma lens that can be immediately replicated with your clients
- ✓ Use the FST Stress Chart, Circular Questions, and Safety Stressors Questionnaire to safely bring suicide into the open and heal family secrets fueling the suicide
- ✓ Use the FST Seed Tree Diagram to help both you and your clients to quickly Identify the underlying causes of suicide through both unhealthy and healthy "undercurrents"
- ✓ Create FST Trauma Playbooks to heal threats or acts of suicide in the "here and now"
- ✓ Use the FST Feedback Loop to illustrate the suicide dance between parent and child