Session 1 Course: Suicide Assessment and Interventions
Course Outline and Assignment Descriptions

Dates
March 30 - May 3, 2020

Instructor
Rachel is an Assistant Clinical Professor at the University of Missouri-Columbia, where she teaches in both the Graduate and Undergraduate programs. She is trained in evidence-based practices including Dialectical Behavioral Therapy, Trauma Focused Cognitive Behavioral Therapy, Eye Movement Desensitization Reprocessing, and Prolonged Exposure. Rachel has extensive training and experience in assessment and treatment of suicidal patients. She is a co-founding member of DBT Vitality, and treats suicidal patients in her private practice.

Course Description
This course provides theory and application of evidence-based suicide assessment and intervention at the micro level. Develops knowledge of rationale for practice, suicide nomenclature, data and trends, common myths, protective factors, risk factors, formulation of risk, clinical responses, essential skills, professional documentation, and ongoing development.

The method of instruction will be a combination of video/audio lectures, PowerPoint presentations, discussion board dialogue, and skill demonstrations through student videotapes, role-play, simulation exercises, and individual/group written assignments.

Technology
This course is 100% online - internet connection is required. Students will also need to have access to a webcam via a computer or smartphone. This course will not require synchronous (occurring at the same time) class sessions.

Course Outline

Week 1
Learning objectives: Course rationale, terminology, data, myths
*Assignments: Course readings, terminology quiz, data quiz, discussion board introduction & discussion board post.

Week 2
Learning objectives: Assessment - theoretical perspectives, risk factors, protective factors
*Assignments: Course readings, week 2 quiz, case application

Week 3
Learning objectives: Intervention - instructor demonstration video, formulation of risk, indicated clinical responses
*Assignments: Course readings, week 3 quiz, discussion board post

Week 4
Learning objectives: Assessment and intervention in additional contexts, essential skills, pitfalls
*Assignments: Course readings, suicide assessment

Week 5
Learning objectives: Documentation and the standard of care in treating suicidal behaviors, resources for ongoing professional development
*Assignments: Course readings, week 5 quiz, discussion board post

Assignment Descriptions

Case Application:
Students will apply concepts of suicide nomenclature, myths, theoretical perspectives, and assessment of risk and protective factors to a provided case study.

Suicide Assessment:
Students will demonstrate application of concepts of suicide nomenclature, myths, theoretical perspectives, risk factors, protective factors, formulation of risk, and clinical response through a recorded role play interview. Students will be placed in groups of two or three to complete the interview assignment.

Discussion Board Participation:
This forum should be viewed as synonymous with in class discussion and small group work in the classroom. Students will complete a total of 4 discussion board assignments throughout the 5-week period.